

www.ebparks.org

"Regional in Nature"



East Bay Regional Park District

Activity Guide

May-June 2004



Godwits (above and left) and black-necked stilts (left) feed and rest along the Crown Beach shoreline at Elsie Roemer Bird Sanctuary. See related story on page 3. Photos by Joe DiDonato.

NEW CLASSES IN THIS ISSUE:

Tai Chi Chih
Dreaming in Nature—A Dream Interpretation Workshop
Guided Autobiography For Seniors
Cross-Stitch For Kids
Feeling Good All the Time
Outdoor Survival and Safety
Beginning Scenic Photography
Beyond Beginning Scenic Photography



Celebrate 70 years of Regional Parks
recreation, education, and preservation!

WebReg Online Registration—www.ebparks.org/events.htm

Contra Costa County plans May ballot measure for open space protection

Residents of Contra Costa County may have an opportunity to protect and preserve the region's open space lands, parks, wildlife areas, shorelines, agricultural lands, watersheds, creeks and trails. The County's property owners will be asked to vote in mid-May on a \$25 a year open space measure, initiated by the Board of Supervisors, to fund countywide park, open space, shoreline and maintenance needs. This measure will be a mail-in ballot sent to county property owners.

For over four years, a committee of County residents, elected officials, environmental organizations and business leaders has worked on a plan to protect open space and other important natural resources in Contra Costa County. This committee has identified "flagship" and "regional priority" projects, which are areas of highest importance and value for preservation. Contra Costa cities would be guaranteed \$27 million in (per capita) funding for local community recreation priorities. In addition, the open space measure would provide funds to cities for "community priority" projects to maintain and improve

neighborhood parks and recreation areas, and to help restore creeks, waterways and trails.

The open space measure would raise funds to protect our remaining open spaces, shorelines, waterways and wildlife habitats.

These priority areas include Mt. Diablo, Las Trampas Regional Wilderness, East and West Contra County Foothill areas, John Marsh State Historic Site, shorelines within the county, the Bay and Ridge Trail sections in the county, and creeks and streams throughout the County.

For example, funds from the measure would be used to acquire additional lands around Mt. Diablo State Park, and would help link greenbelts adjacent to Mt. Diablo; preserve ridgeline and open space connections in the Las Trampas area; protect the urban wilderness areas that parallel Highway 680; preserve Kirker Hills, north of Concord and Clayton as ranching lands; and restore miles of scenic shorelines and wildlife areas from Richmond to Oakley.

In addition, existing regional park-



Morgan Territory Regional Preserve looking west toward Mt. Diablo State Park. Both parklands could benefit from \$8 million in annual funding provided by Contra Costa County's proposed ballot measure. Urban shorelines and other parklands and open space areas would also benefit from the proposed \$25 annual parcel assessment, along with Contra Costa County sections of the Bay and Ridge Trails.

lands, regional shorelines and regional open space preserves such as Wildcat Canyon, Briones and the Martinez Shorelines would receive funding for regular maintenance and renovations.

If approved, the Contra Costa Open Space Measure would generate \$8 million annually; of which 75 percent

would be allocated to the acquisition and preservation of new open space, parklands and shorelines, and 25 percent would be allocated to the maintenance and renovation of existing parks, open spaces and shorelines.

For more information see www.cocopenspace.org.

New trails open in former land-banked Garaventa property at Black Diamond Mines

Over 700 acres of new land at Black Diamond Mines are now open for hiking, horseback riding, and biking.

Formally called the Garaventa property, Park District staff nicknamed it the "hole in the doughnut" due to its central location within the two parks.

At one time, the land was considered as a potential landfill site. However, environmentalists and community residents opposed the idea and voted against it in a 1990 election. Several years later the Park District began negotiations with the Garaventa family

to purchased the property.

The Park District acquired the land in 1997 for \$2.3 million, using funds from Measure AA, the open space bond measure approved in 1988.

The Garaventa property consists of three small valleys, with elevations ranging from 300 to 1,300 feet. The trails are described as moderate to steep terrain offering views of the Delta and Solano County from the upper elevations. There is abundant wildlife on the property, including the

Alameda whipsnake and California red-legged frog.

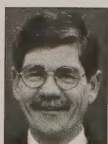
To reach the property, visitors are encouraged to use trails within Black Diamond Mines Regional Preserve. Park at the uppermost lot on Somersville Road. Take the Stewartville Trail up the hill. There are left-turn roads into the Garaventa property from the Stewartville Trail, the Ridge Trail, and the Contra Loma Trail. Trails also lead in from the small parking area at the end of Frederickson Lane, just before the right turn to Contra Loma Regional Park. Other trails lead into the property from Contra Loma. Updated trail maps of Black Diamond Mines Regional Preserve, which now includes the Garaventa property, are available at www.ebparks.org or at the park kiosks.

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Radke cited as Outstanding Commissioner

Park District Board Member Ted Radke has been awarded the prestigious Outstanding Commissioner Award by the California Association of Park and Recreation Commissioners



and Board Members. Radke was cited for his accomplishments during his tenure on the Park

District's Board, including his leadership role in providing appreciation for and access to parks and recreation. For over 20 years, Radke has represented the western and eastern communities of Contra Costa County where Park District open space, trails, shoreline and recreation facilities have grown by 10,000 acres.

chabot space & science center

The universe is yours to experience. Set amid 13 trail-laced acres in Redwood Regional Park, with glorious views of San Francisco Bay and the Oakland foothills, Chabot offers hands-on interactive exhibits, planetarium shows, large format films and powerful telescopes. Make it a family day with a visit to the Center, followed by a picnic and a swim in nearby Roberts Regional Recreation Area.

Advance tickets call (510) 336-7300
10000 Skyline Blvd., Oakland, CA 94619
Joaquin Miller Road exit
off Highway 13, left on Skyline Blvd.

www.chabotspace.org

East Bay Regional Park District is a partner with Chabot Space and Science Center



Hikers along Garaventa's Ridge Trail.

General Info/Free Brochure:
.....(510) 562-PARK
Camping Reservations
.....(510) 562-CAMP
Picnic Reservations.....(510) 636-1684
Naturalist Program Reservations
.....(510) 636-1684
TDD.....(510) 633-0460
Website.....www.ebparks.org

Catching the "migration sensation"

By Dave "Doc Quack" Riensch

There are few things on earth that can equal the beauty, wonder, and magic of life's eternal impulse to prevail than birds and their amazing migration. Balls of feathers, some no more than a gram in weight, fly from Tierra del Fuego, the southern tip of South America, to the tundra above the Arctic Circle. The spring migrants visiting our parklands are veterans. They have survived the trip south without a fatal mistake. And, now in celebration of their triumphant return, you can visit our treasured parklands and witness their timeless efforts to reproduce and multiply.

Approximately 340 species of birds migrate from the tropical regions of Mexico, Central America and South America to breed in the U.S. and Canada. This incredible springtime journey of northbound migrants peaks at the end of April and early May.

Along our shoreline parks during the last weeks of April, you can see over one million western sandpipers resting and refueling, before continuing their trek northward.

Everywhere you go in a Regional Park this spring you'll be greeted by the sights and sounds of birds. From the top of a sprawling oak tree in one of our wilderness areas you'll hear the melodious whistle of the western bluebird. Your reward for visiting one of our cattail marshes will be the delightful rapid chatter of a nest-building marsh wren. Each of these curious

creations is an amazing mixture of strength and fragility. These beautifully crafted, little machines born in our parklands find their way down south and back again. Yet this same feat gives them a very tenuous existence, for their survival is linked to the stewardship of the natural resources found in your East Bay Regional Park District. Numerous international studies have indicated declines in migratory bird populations. A variety of factors impact bird populations including habitat reductions, predation by domestic and feral cats and environmental contaminants. As stewards of these precious resources we are promoting, preserving and providing a healthy future for all our native wildlife species.

You too can play a key role in the monitoring and management of our feathered companions! Our Wildlife Volunteers get nose to beak with birds in a number of our field research and habitat enhancement projects. My "prescription" for you this spring, is to visit one of our parklands and see the beauty of a flock of sandpipers, flashing like tossed confetti, racing wingtip to wingtip, as they fly past, thereby, "Catching the Migration Sensation."

Dave "Doc Quack Riensch is the Wildlife Resource Analyst for the East Bay Regional Park District, and a biology/ecology instructor at Las Positas College.

Order your free Day Camp Directory today!

Each summer, the East Bay Regional Park District collaborates with dozens of summer day camp providers to offer safe, fun and exciting summer experiences in the Regional Parks. Call today about receiving your free Day Camp Directory. Hurry! These camps fill up quickly. To receive your copy, please call (510) 544-2512 or email gmanrow@ebparks.org. Camperships are available to qualifying families on a first-come, first-served basis.

Regional Parks Day Camp Directory: (510) 544-2512

Land bank tours: Vasco Caves Regional Preserve and Carquinez Strait Regional Shoreline

Robert Doyle, Assistant General Manager of the Land Division, will lead tours of Vasco Caves Regional Preserve (May 15) and the C&H property located in Carquinez Strait Regional Shoreline (June 12). These guided tours will allow you to walk and talk about the history of the area, how the land was acquired, and learn about

the future challenges facing EBRPD. For more information or to sign up for these wonderful hikes, please call Program Registration 510/636-1684 / 510/633-0460 (TDD). Please note these hikes are limited to a maximum of 30 people and reservations are required. More information is available on our web site at www.ebparks.org.

Little Hills Ranch celebrates 20 years

The Picnic People have been operating Little Hills Ranch in San Ramon since 1984, and are celebrating their 20th season of providing group picnics. Join us May 15 from noon-3:00. Activities for kids will include face painting,

swimming and a rock climbing wall plus free popcorn and refreshments. Bring a BBQ lunch or purchase from our delicious menu. Call (925) 462-1400 or email picnic@picnicpeople.com to be added to the guest list.

Gatherings Galore in the Great Outdoors!

Whether it's team building, employee recognition, class reunions or family gatherings, hold your next group event in the great outdoors. The Park District offers unique facilities where shaded picnic areas and a country ambience beckons groups of 50 to 2500. From a family picnic to a bustling corporate event, we'll meet your needs.

Little Hills

Ranch in San Ramon is a secluded, peaceful oasis featuring seven private picnic sites, swimming pool, fishing area, rock climbing wall and ball fields. **Castle Rock** Park in Walnut Creek is nestled in the foothills of Mt. Diablo and features carnival games, swimming pool, sports facilities and face painting for the kids. A shuttle will escort your guests into the park's spacious rural interior. **Ardenwood** gives a taste of farm life like



Castle Rock offers fun and games for meetings, picnics, and other gatherings.

it was 100 years ago. Guests can enjoy the barnyard, blacksmith shop, house tours, country kitchen demonstrations and more. The Deer Park picnic areas are available for group events and features a play fountain, volleyball and bounce house. Add extra fun to your day with hilarious picnic games, the dunking booth or water balloon volleyball.

The Picnic People are the meeting planners for these facilities, and can customize a package to meet your needs. They offer an array of services from professional teambuilding to old-fashioned picnics.

All facilities are full-service, offering activities for all ages as well as delicious barbecue catering. Find out more at www.picnicpeople.com or call (925) 462-1400.

Did You Know?

We're celebrating our 70th Anniversary this year! Many of the East Bay's 65 regional parklands have historical significance in the development of the West Coast and Bay Area regions. Here are some fun facts that you may not have known...

Tilden Regional

Park in Berkeley houses the 1911 Hershell-Spillman carousel, one of two menagerie editions left in the U.S. It is on the National Registry of Historic Places.

Pt. Pinole

Regional Shoreline in Richmond was the site of gunpowder and dynamite manufacturing from 1881 to 1960, and produced more than two billion pounds of dynamite.

Alameda's Crown Beach was renowned from the 1880s until the outbreak of World War II as an amuse-

ment center known as Neptune Beach.

Ardenwood in Fremont was the farm and country estate of George Washington Patterson in the mid 1800s.

Black Diamond Mines Regional Preserve

Antioch was the largest coalfield in California from 1850s to 1900. It supplied coal for northern California, providing power for factories, heating the State Capitol and powering steamboats on



From the 1880s until the outbreak of WWII, Crown Beach was known as the Coney Island of the West.

the Sacramento River until 1900.

Sibley Volcanic Regional Preserve in Oakland shares the distinction of being one of the District's original parks, along with Temescal and Tilden. Its "Round Top" peak is made up of lava and volcanic debris left over from a 10 million-year-old volcano.

Park'n It Summer Day Camp - A Regional Parks Adventure

Join us this summer for six exciting weeks of park adventure, exploration, and FUN! Each themed week will include two field trips, swimming, hiking, arts & crafts, games, and much more! Other activities may include boating, fishing, and outdoor safety and survival skills. Don't want to miss this great opportunity for summer fun! Open to children entering 1st through 8th grades.

June 28/July 2 and July 6/July 9 at MLK, Jr., Regional Shoreline: "Shoreline Sleuths." **July 12-23** at Contra Loma Regional Park: "Loma Islanders" **July 26-August 6** at Ardenwood Historic Farm: "Ardenworld Adventures," six, one-week sessions, \$200/week (\$230 non-resident). Call (510) 636-1684 to register or visit www.ebparks.org.

ROBERTS POOL SWIM PROGRAMS

Roberts Pool in Oakland offers American Red Cross swim lessons with 4 to 6 students per instructor, with emphasis on personal safety and fun. Refer to the skill level descriptions below to determine placement, then check session dates and times for availability. If fewer than 4 students are registered in any one class, classes may be combined or canceled. No-shows on the first day of the session will be dropped unless advanced notification is given by calling (510) 482-0971.

Registration required: (510) 636-1684.

Phone or walk-in registration only, no mail-in registration accepted.

SKILL LEVEL DESCRIPTIONS:

Parent and Me—for children 1-5 years, must be accompanied by an adult in the water, designed to help children become comfortable in the water so they are ready to learn to swim. Parents learn teaching skills to assist their children. No pre-requisite.

Level I—Water Exploration: for age 5 and older, skills include bobbing, supported floating, blowing bubbles, kicking, and personal safety.

Level II—Primary Skills: for age 6 and older, skills include unsupported floating, kicking, finning, combined arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Pre-requisite: Level I skills.

Level III—Stroke Readiness: for age 6 and older, skills include object retrieval, jump/dive recovery, front/back crawl stroke, elementary backstroke kick, tread water, and personal safety. Pre-requisite: Level II skills.

Level IV—Stroke Development: front/back crawl and elementary backstroke, introduction to breast stroke, side stroke, standing front dive, open turns at walls, rescue breathing, and CPR. Pre-requisite: Level III skills.

Level V—Stroke Refinement: continue Level IV strokes/turns, introduction to butterfly and personal safety while diving, spinal injury awareness. Pre-requisite: Level IV skills.

Level VI/VII—Advanced Skill Proficiency: technique and endurance for Level V skills, turns for all strokes, additional safety and rescue skills. Pre-requisite: Level V skills.

MORNING SWIM LESSONS

Roberts Pool, Oakland Staff
Group lessons for children. Ten half-hour lessons scheduled on weekday mornings for two consecutive weeks. Bring a picnic lunch. (*Please note that all Level V and Level VI/VII classes are 45 minutes. Level VI/VII is 10:40-11:30 a.m., Level V is 10:45-11:30 a.m.)
Registration required: (510) 636-1684
Fee: \$50/session (non-res. \$56) (*All level V and VI/VII classes are \$70/session, non-res. \$78)

Session 1: 6/14-6/25 (Mon.-Fri.)

10-10:30am.....Levels I, II, III, VI/VII*

10-10:30am.....Levels I, II, IV, V*

11-11:30am.....Levels I, II

11-11:30am.....Parent and Me, II, III

Session 2: 6/28-7/9 (Mon.-Fri.)

10-10:30am.....Levels I, II, III

10-10:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, II, IV

11-11:30am.....Parent and Me, II, III

Session 3: 7/12-7/23 (Mon.-Fri.)

10-10:30am.....Levels II, III, IV, VI/VII*

10-10:30am.....Levels I, II, IV, V*

11-11:30am.....Levels I, II

11-11:30am.....Parent and Me, II, III

Session 4: 7/26-8/6 (Mon.-Fri.)

10-10:30am.....Levels I, II, III, IV

10-10:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, II, IV

11-11:30am.....Parent and Me, II, III

Session 5: 8/9-8/20 (Mon.-Fri.)

10-10:30am.....Levels II, III, IV, VI/VII*

10-10:30am.....Levels I, III, IV, V*

11-11:30am.....Levels I, II

11-11:30am.....Parent and Me, II, III

Session 6: 8/23-9/3 (Mon.-Fri.)

10-10:30am.....Levels I, II, III, IV

10-10:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, II, IV

11-11:30am.....Parent and Me, II, III

EVENING SWIM LESSONS

Roberts Pool, Oakland Staff
Group lessons for children and adult beginners. Ten half-hour lessons scheduled on weekday evenings for two consecutive weeks. Bring a picnic dinner.
Registration required: (510) 636-1684
Fee: \$50/session (Non-res. \$56)

Session A: 6/14-6/25 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6-6:30pm.....Levels I, II

7-7:30pm.....Levels III, IV

Session B: 6/28-7/9 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6-6:30pm.....Levels I, II

7-7:30pm.....Levels III, Adult Beginner

Session C: 7/12-7/23 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6-6:30pm.....Levels I, II

7-7:30pm.....Levels III, IV

Session D: 7/26-8/6 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6-6:30pm.....Levels I, II

7-7:30pm.....Levels III, Adult Beginner

Session E: 8/9-8/20 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6-6:30pm.....Levels I, II

7-7:30pm.....Levels III, IV

Session F: 8/23-9/3 (Mon.-Fri.)

6-6:30pm.....Parent and Me

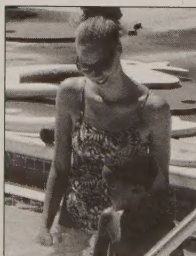
6-6:30pm.....Levels I, II

7-7:30pm.....Levels III, Adult Beginner

CONTRA LOMA SWIM LESSONS

Contra Loma, Antioch Staff
Group lessons for children. Ten half-hour lessons scheduled on weekday mornings and evenings for two consecutive weeks (Monday-Friday). See skill level descriptions at left.
Session 1: 6/14-6/25 **Session 4:** 7/26-8/20
Session 2: 6/28-7/9 **Session 5:** 8/9-8/20
Session 3: 7/12-7/23

9:30-10am.....Levels I, II, III, IV
10-10:30am.....Parent and Me, I, II
6:15-6:45pm.....Parent and Me, I, II
6:45-7:15pm.....Levels I, II, III, IV
Fee: \$50/session (Non-res. \$56)
Reg. Required: (510) 636-1684



A mom and son (above) enjoy the pool at Roberts Regional Recreation Area. Junior Lifeguards (right) have fun while learning lifesaving skills.

PRIVATE SWIM LESSONS

Roberts Pool, Oakland Staff
6/14-9/3, Mon/Tues or Wed/Thurs/Fri.
7:30-8pm
Want to improve your swimming skills? Does your child need special attention? Private lessons are offered for all ages and consist of one-on-one instruction to achieve maximum results. Two and three-day sessions available. Includes full-hour lesson each day.
Registration required: (510) 636-1684.
Fee: \$45/two-day session (Non-res. \$51) \$65/three-day session (Non-res. \$73)

EVENING LAP SWIM

Roberts Pool, Oakland Staff
6-8pm, Mon-Fri, 6/14-9/3
Swimming is one of the best fitness activities; enjoy your workout in a heated outdoor pool in the redwoods. Lane lines provided. (15+ yrs)
Fee: \$3.50/swim or \$25/10 swims

RECREATION SWIM

Roberts Pool, Oakland Staff
11am-6pm, Sat, Sun, & Holidays 4/11-10/10
3:30-5:30pm, Mon, 6/14-8/30
12:30-5:30pm, Tues-Fri, 6/15-9/3
Enjoy swimming in an outdoor pool. Pool is 25 yards long, heated, disabled accessible; lifeguard service provided. 15-minute adult swim every hour. Children under 1 year get in free.

Information: (510) 636-1684.

Fee: \$3/adult, \$2/senior, child & disabled

DISABLED SWIM

Roberts Pool, Oakland Staff
12:30-3:30pm, Mondays only: 6/14-8/30
Enjoy our completely accessible pool. This time is reserved exclusively for disabled guests and their families.
Information: (510) 636-1684.
Fee: \$3/adult, \$2/senior, child & disabled

PRIVATE POOL RESERVATIONS

Roberts Pool, Oakland Staff
M-F daytime only, 4/12-6/11
M-F daytime only, 9/7-10/8
Roberts Pool is a perfect facility for a swim party. Lifeguard service is provided. 150 per person maximum; alcohol not permitted.
Registration required: (510) 636-1684.
Fee: Call

OPEN WATER

SNORKEL/SCUBA EXPLORATION

Shadow Cliffs Local Dive Stores
Ongoing, call for dates & times
Snorkeling and scuba lessons for beginners, and specialty classes for certified divers. (12+ yrs)
Fee: Call **Info: (510) 544-2512**

LAP SWIM

April-October during regular swim hours
Swim laps in a lake—no chlorine, no walls, large lanes! Bring goggles, cap, kickboard, pull buoy and hand paddles as desired. Available at Lake Anza (Tilden), Quarry Lakes, Shadow Cliffs and Lake Temescal.
Fee: varies **Info: (510) 636-1684**



JUNIOR LIFEGUARDS

9am-3pm, Mon.-Fri. (2-week sessions); Daily extended care available 3-6pm
Beach and water fun for youth. Instruction in water safety, first aid, CPR, lifeguard skills and equipment, and physical conditioning. Emphasis is on self-esteem, teamwork and fun. Must complete a 50-yard swim test the first day. Pre-testing is available. (9-15 yrs)
Reg. Required: (510) 636-1684
Fee: \$190/2-week session (non-res. \$210).

10% discount for each additional child in family or for additional sessions when enrolled in more than one.
Uniform fee: \$30 includes T-shirt, hat, swim trunks with patch.
Optional extended care fee:
\$120 per session.

AMERICAN RED CROSS LIFEGUARD MANAGEMENT

Trudeau Conference Room, Aquatic Staff
6-9:30pm, Tue, Jun 22 #6454

This course assists aquatic facilities and managers with the skills and information needed to develop and maintain a properly prepared lifeguard team. It is recommended, but not required, that participants hold a current lifeguard training certificate and have either lifeguard or aquatic management experience. However, this course

will be of value to anyone who manages an aquatic facility safety team. The course covers lifeguard supervisor responsibilities, lifeguard selection, injury prevention, minimizing risks, and emergency response planning. No minimum age requirement, but it is recommended that participants are 16+ years.
Reg. Required: (510) 636-1684
Fee: \$55 (non-res. \$61)

RECREATION

For Recreation program information, call (510) 544-2553 or email recreation@cbparks.org. Special Cancellation Policy applies for all Recreation programs; see page 11. All classes dependent on registration minimums. Online registration is available for all Recreation programs.

TRAILS CHALLENGE & MAY MARATHON

Trails Challenge (#5951): Celebrate 70 years of Regional Parks by joining this popular, self-guided hiking program! Thousands of people like yourself have participated over the last 10 years. With your registration you will receive the 2004 Guidebook filled with 20 of the best hikes in the Park District. This year, Trails Challenge invites you to hike 5 of the 20 trails by December. Participants receive the 2004 commemorative pin, the Trails Challenge T-shirt and a special gift! **May Marathon** (#5952) invites you to complete 26 miles during the month of May. You will receive the commemorative pin, the new long-sleeved May Marathon T-shirt, and the special gift! These programs are a great way to be active, get healthy, and get out and see new parks. **Trails Challenge family discount.** The first participant is at regular price and additional family members are \$1 off!

Reg. Required: (510) 636-1684

Fee: Trails Challenge: \$12 (non-res. \$14)

Trails Challenge + May Marathon \$17

(non-res. \$19)

BEGINNING SCENIC PHOTOGRAPHY

Sunol Richard Beebe
9am-1pm, Sat, May 1, 8, 15, 22 #6514
Become better acquainted with the modern film or digital camera. Learn about the exposure features, f-stops, shutter speeds, film speeds, and lens focusing. This is a fun, outdoor oriented class for the novice photographer and anyone interested in taking great landscape photographs. (16+ yrs)
Reg. Required: (510) 636-1684
Fee: \$100 (non-res. \$110)

DAI YAN CHI GUN

Kennedy Grove Keith Weinstein
11:30am-12:30pm, Sundays, May 2, 9, 16, 23 #6497
10:30am-11:30am, Sundays, Jun 6, 13, 20 #6498
Join us in this beautiful park for four days of stimulating Chi Gun practice. Experience improved health and relaxation. Chi Gun is a very popular form of healing movement medicine that originated in China. The grounded, flowing motions will be taught for people of all abilities. Learn this simple practice for cultivating vitality, harmony, mental clarity and alleviating chronic ailments. (14+ yrs)
Reg. Required: (510) 636-1684
Fee: \$49 (non-res. \$55)

GUIDED AUTOBIOGRAPHY FOR MATURE ADULTS

Botanic Garden Laurie Ulrick
9:30-11:30am, Tue, May 4-Jul 6 #6550
Tell the stories of your life in this 10-week autobiography class! Participants write two pages in response to weekly themes and bring them to class to share in small groups. Leave a legacy for your loved ones while reviewing the unique experiences of your life. Enjoy the Botanic Garden in late spring and the warmth of a community of interested listeners. No writing experience necessary. (55+ yrs)
Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

BEGINNING FLY CASTING

Shadow Cliffs Lois Kilburn
8:30am-2:30pm, Sat, May 8 #6494
Learn basic knots, the roll cast, pick-up and lay down cast, false casting, and how to select equipment and set up your fly rod. Taught by 15-year veteran Lois Kilburn, who is certified by the Federation of Fly Fishers and is a na-

tional champion tournament caster. (15+ yrs)
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

TAI CHI CHIH

Tilden Rich Axline
9-10:30am, Sats, May 8, 15, 22, 29 #6551
9-10:30am, Sats, May 5, 12, 19, 26 #6552
Tai Chi Chih—joy through movement "... a moving meditation"—is a series of 20 simple movements: slow, gentle, and within the abilities of all people regardless of physical condition. They involve no physical contact, but rather emphasize self-awareness, well-being and positive energy flow. (16+ yrs)
Reg. Required: (510) 636-1684
Fee: \$30 (non-res. \$34)

HOW TO FEEL GOOD, ALL THE TIME

Lake Chabot Jack Ligon
9am-1pm, Sat, May 8 #6500, May 29 #6501
We are all innately born to feel good all the time. Yes, all the time! Discover how easy it is to feel this way by learning the very simple techniques of positive thinking and relaxation. Come find out how to feel content, happy, and positive all the time. You are sure to have fun learning and experiencing the class. (16+ yrs)
Reg. Required: (510) 636-1684
Fee: \$55 (non-res. \$61)

DREAMING IN NATURE

Briones/Tilden Kathie Anderson
10am-noon, Saturdays, May 8-June 26 #6547
10am-noon, Sundays, May 9-June 27 #6548
The dreams of our ancestors were closely interconnected with the moon, the earth, and the animals. Through guided meditations and experiential exercises, personally connect with your dream animal totem and learn to use plants and stones to assist you in dream recall. Follow the path of the moon to help chart your dreams. Various group dream work methods, including art, somatic, and drama methods will be introduced and practiced by the group. No experience is necessary. (16+ yrs)
Reg. Required: (510) 636-1684
Fee: \$160 (non-res. \$176)

DISCOVER KAYAKING

Lake Chabot Marina Current Adventures
10am-2:30pm, Lake Chabot, Sats, May 8 #6474, May 29 #6475, Jun 12 #6476, Jun 18, #6477, Del Valle, Sat, Jun 26 #6478
Now is the time to learn how to kayak! Get in-depth instruction for paddling in calm water from certified instructors. Beginners learn about equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available on request and for adult/child paddlers). Lots of time to practice as we explore the lake's inlets. Includes stop for shared potluck lunch. Parent participation required for youth age 5-13. (5+ yrs)
Reg. Required: (510) 636-1684
Fee: \$79 adult/\$59 child (non-res. \$87/\$65)

INTRO TO FLYFISHING—FISH FIRST!

Tilden, Lake Anza Fish First!
7am-1pm, Sun, May 9 #6485, Jun 13 #6486
This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza to practice casting with coaching from a certified fly-casting instructor. Then enjoy three hours of instruction for an introduction to knots, fly selection, reading the water, and more. (18+ yrs)
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

BROOKS ISLAND ADVENTURE

Brooks Island Current Adventures
9am-2pm, Sat, May 15 #6469
9am-5pm, Sat, Jun 19 #6470
Enjoy an exciting day of kayaking and exploration! Instructors will give a brief introduction to equipment and strokes during a trip through the picturesque Richmond Harbor. The trip is an easy, short paddle in stable, double kayaks across sheltered bay

water with spectacular views of San Francisco and the bridges. Paddle along Brooks Island's preserved shoreline, then come ashore for a guided, 2-mile hike around the island, normally closed to visitors. Includes a stop for a shared potluck lunch. (14+ yrs)
Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

LLAMA DAY HIKE

Redwood LAMAS OUTFITTERS
10am-4pm, Sat, May 15 #6487, Jun 5 #6489
10am-4pm, Sun, Jun 6 #6490
Experience the wonderful world of llama packing in the Regional Parks! Experienced llama packers will guide this 4-6 mile hike. Llamas will carry your picnic lunches and personal items and you can lead a llama for part of the trip. You will learn about handling, caring for, and packing llamas. (8+ yrs)
Reg. Required: (510) 636-1684
Fee: \$35 (non-res. \$39)

BROOKS ISLAND ADVENTURE

Brooks Island California Canoe & Kayak
9am-3pm, Sun, May 16 #6466
10am-3pm, Fri, Jun 18 #6467
Be whisked away to a beautiful island in the bay! This guided, instructional day trip to Brooks Island, normally closed to visitors, is an easy, short paddle in stable, double kayaks—an excellent introduction to kayaking for beginners that includes instruction on strokes, equipment, etc. Enjoy a guided, two-mile hike around the preserved shoreline. (14+ yrs)
Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

CROSS STITCH FOR KIDS

Crab Cove Katy Edwards
1-2pm, Suns, May 16, 23, 30, June 6, 13 #6553
Cross stitch is a fun form of embroidery where you create a picture on blank fabric. In this energetic class learn to read a chart, prepare 11-count fabric for stitching, use Perle cotton for thread, and use an embroidery hoop. The instructor offers individual guidance. Frame your work at the end! (8-13 yrs)
Reg. Required: (510) 636-1684
Fee: \$40 (non-res. \$44)

FIELD PHOTOGRAPHY SAMPLER

Various parks Richard Beebe
8am-noon, Sun, May 23, Morgan Territory #6537, Sat, Jun 27, Carquinez, #6539
We will be discoverers and explorers, letting our eyes and other senses take in a beautiful Regional Park. Whether looking for the "big picture" or discovering details, the many photographic possibilities will be discussed. Learn how any subject can be captured with a camera, creative ideas, and technical concepts as they present themselves! (16+ yrs)
Reg. Required: (510) 636-1684
Fee: \$35 (non-res. \$39)

INTRO TO GOLF

Tilden Golf Course American Golf Corp.
5:30-7:30pm, Tue, May 25 #6491
5:30pm-7:30pm, Mon, Jun 7 #6492
3-5pm, Sat, Jun 12 #6493
Have fun in a relaxed atmosphere and learn the fundamentals of golf. This introductory clinic teaches pre-shot fundamentals, terminology/equipment overview, and full-swing fundamentals. Golf balls and loaner clubs are provided. Participants also receive a free \$20 range card for use at the driving range and \$20 off a future class at the golf course. Learn how to golf and invite your friends! (14+ yrs)
Reg. Required: (510) 636-1684
Fee: \$50 (non-res. \$56)

INTERMEDIATE FLY CASTING

Shadow Cliffs Lois Kilburn
8:30am-2:30pm, Sat, May 29 #6495
If you have taken Intro to Fly Fishing or have basic casting knowledge, join us for the next step in this exciting sport! Begin with a short review of basic casts and move into shooting

line, single haul, double haul, mending line, distance casting and specialty casts. (15+ yrs)
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

INTRO TO BAY PADDLING—CA

MLK Jr. Shoreline Current Adventures
10am-3pm, Sun, May 30 #6483
Noon-5pm, Sun, Jun 27 #6484
If you were with us for Discover Kayaking or have basic kayaking knowledge, join us for this intermediate class, an in-depth focus on skills necessary to go paddling on your own. You will learn proper strokes and maneuvers, bay tide and current basics, and capsize recovery. You will also earn a certificate to rent your own kayak. The marshlands surrounding MLK, Jr. Shoreline offer opportunities for viewing shorebirds while you learn to navigate the bay environment. Parent participation is required for children 10-13. (10+ yrs)
Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

BEYOND BEGINNING SCENIC PHOTOGRAPHY

Briones Richard Beebe
9am-1pm, Sats, Sun, May 5, 12, 19, 26 #6525
This class will move beyond basic concepts and explore personal ideas of "seeing" and interpreting what we find in the landscape. We will explore further understandings of the camera, learn about accessories to enhance its abilities, how to apply the camera's exposure controls, and look into the "aesthetic" side of things to consider when building the photograph. (16+ yrs)
Reg. Required: (510) 636-1684
Fee: \$120 (non-res. \$132)

SURVIVAL AND OUTDOOR SAFETY

Lake Chabot Gene Ward
9am-4pm, Sat, Sun, Jun 5, 12, 19 #6503
9am-4pm, Sat, Sun, Jun 12 & 13 #6504
Join us for this 2-day workshop packed with vital information for outdoor enthusiasts. Learn how to stay well prepared when things don't go as planned. Topics covered include: what to bring, building an emergency storm shelter, fire starting, using a map and compass, how to signal for help, identifying edible plants and much more! Parent participation is required for youth 12-15 yrs. (12+ yrs)
Reg. Required: (510) 636-1684
Fee: \$100, \$175/couple (non-res. \$110, \$193)

BEGINNING PORTRAIT PHOTOGRAPHY

Lake Chabot Jack Ligon
8am-noon, Sundays, Jun 20, 27 #6499
Join us for a fabulous photography class that will leave you seeing from a brand new perspective. Posing, posture, expression, composition, light, and color will be thoroughly covered in this two-session class. Your personal style and vision will be enhanced by stimulating class exercises. Create studio-like portraits in the great outdoors by using the best light source of all, the sun! ANY camera will do. (15+ yrs)
Reg. Required: (510) 636-1684
Fee: \$65 (non-res. \$73)

ADVANCED FLY CASTING

Shadow Cliffs Lois Kilburn
8:30am-2:30pm, Sun, Jun 27 #6496
We invite those who have completed Beginning and Intermediate Fly Casting or those able to shoot line, roll, pick-up, laydown and false cast to join this advanced class. Learn to analyze your stroke and make corrections while in the field, improve your skills reading water (both still and moving), mending line, choosing flies, wading safely, and exercising on-stream etiquette. Advanced presentation casts will also be covered. (15+ yrs)
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

PARK 'N' IT SUMMER DAY CAMP

Various parks Staff
 8:30am-4:30pm, Jun 28-Jul 2 #6557,
 Jul 5-9, MLK Jr. Shoreline #6775
 8:30am-4:30pm, Jul 12-16 #6776,
 Jul 19-23, Contra Loma, #6777
 8:30am-4:30pm, Jul 26-30 #6778,
 Aug 2-6, Ardenwood #6779

NEW!

You don't want to miss this one-of-a-kind Regional Park adventure—six, one-week sessions at three great locations! Fun in the sun and park exploration including swimming, hiking, arts and crafts, games, and much more! **June 28, July 6:** "Shoreline Sleuths!" We will explore the wonders of our local shoreline while we travel to cool destinations like Crab Cove for awesome discoveries and Cull Canyon for water safety training and swimming! **July 12, July 19:** "Loma Islanders!" We will swim in the lagoon, tour a mine at Black Diamond, learn how to fish, and explore Tilden Regional Park! This is an adventure for everyone! **July 26, Aug. 2:** "Arden-WORLD Adventure!" Put on your boots and overalls and live life on the farm! Spend a week learning what it was like for farmers 100 years ago. Feed the animals, harvest wheat, tend to the garden, cook on a wood-burning stove, make homemade ice cream! We'll play games, do arts and crafts, go swimming at Quarry Lakes, and visit an Ohlone Indian site at Coyote Hills. Aftercare available 4:30-5:30 p.m. daily \$20/week. Open to children entering in grades 1-8.

Reg. Required: (510) 636-1684
Fee: \$200 (non-res. \$230)

FULL MOON PADDLE

Lake Chabot Marina Current Adventures
 7-10pm, Wed, Jun 30 #6480
 Come kayak in the moonlight and tell your friends! This course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water. Participants will explore the lake during twilight and return to the marina as the moon rises. A brief introduction to the equipment and paddle strokes will be provided for those who have never kayaked. Don't miss out! Parent participation required for youth 5-13. (54yrs)
Reg. Required: (510) 636-1684
Fee: \$59 (non-res. \$65)

ARDENWOOD

Ardenwood Historic Farm is open Tue.-Sun. (plus Memorial Day) from 10 a.m.-5 p.m. Patterson House tours and food service is available Thur.-Sun. Horsedrawn train rides and blacksmithing demonstrations are available Thur., Fri., and Sunday. For information: (510) 796-0663 or ardenwood@ebparks.org.

FIRE TRUCK DAY!

Ardenwood Local Firefighters and staff
 10am-4pm, Sat, May 15
 Meet America's finest firefighters and see the trucks and tools that aid them. Climb aboard a fire engine, ring the fire bell and join the "Battle of the Fire Trucks." Meet a search-and-rescue dog, and learn about fire safety. Music, crafts, games, and lots of squirting water will make this a wet and wild day for the whole family!

Special Event Fee

CIVIL WAR DAYS

Ardenwood NCWA and staff
 10am-4pm, Sat & Sun, May 29 & 30
 10am-2pm, Mon, May 31 #6760
 Join hundreds of volunteers from the National Civil-War Association as they recreate scenes from this tumultuous period of our nation's history. Watch calvary, infantry, and artillery units engage in battles twice daily on Saturday and Sunday. On Monday morning a memorial service will be followed by a final afternoon battle. Wander through the encampments to

experience the sights and sounds of history brought to life. Advance tickets: (510) 636-1684 or online at www.ebparks.org.

Special Event Fee

CELTIC FESTIVAL

Ardenwood Wee Hand Productions/staff
 10am-4pm, Sat, Jun 12
 Join in a glorious day of Celtic dancing, pipebands, Welsh and Irish music, historic reenactment, ethnic food and children's activities.
Special Event Fee

VICTORIAN FLOWER ARRANGING

Ardenwood Volunteers
 10:15-11:30am, Thursdays in May and June
 Watch as our docents create floral works of art for display in the Patterson House.

COOKING IN THE COUNTRY KITCHEN

Ardenwood Staff
 10:30am-1:30pm, Sundays in May and June
 Stop by the country kitchen for a taste of the past. Discover fascinating food history. See why cooking outside always makes food taste better and sample a cookie or a biscuit straight from the wood-burning stove.

FARM CHORES FOR KIDS

Ardenwood Staff
 11-11:45am, Sat, May 1, 22, Sun, May 16
 Young farmers are invited to help with the chores. We'll shell and grind corn, check the hen house for eggs, and give the animals a morning snack.

CRITTERS BEHIND DECOMPOSITION

Ardenwood Jennifer Webber
 1-2pm, Sat, May 1
 What happens when you throw things away? See how the decomposition process works, which critters are involved, and what happens to our scraps and trimmings. Learn how to make the magic of compost happen at home.

KID'S MAYPOLE DANCING

Ardenwood Christina Garcia
 2-3pm, Sat, May 1
 May Day is traditionally a time to celebrate the return of spring, and many rituals developed to ensure a rich harvest. Learn what cows, bannocks and jumping over fire had to do with the festivities and then join in an old-fashioned dance around the Maypole.

FARMYARD STORIES AND SONGS

Ardenwood Tara Reinertson
 11am-noon, Sun, May 2, 23
 Rise up singing and learn to yodel! We'll sing and hear stories from the farm as we snuggle up by the wood burning stove and share hot apple cider. Afterwards we'll greet the farm animals and give them a morning snack.

SUBTERRANEAN EARTHWORM BLUES

Ardenwood Tara Reinertson
 1-2pm, Sun, May 2, 23
 Which humble creature did Charles Darwin claim contributed more to the history of the world than horse or cow? The earthworm of course! Meet our ignoble invertebrates, find out how they support farms and how you can raise some of your own.

BARNYARD BUDDIES

Ardenwood Staff
 10:30-11:30am, Sat, May 8, Jun 19, 26
 Get up close to all your favorite barnyard pals. Feed the goats a snack, pet a bunny, greet the heifers and tuck a chicken (if you dare).

WATER CONSERVATION

Ardenwood Jennifer Webber
 1-2pm, Sat, May 8
 Where has your water been and where is it going? Join us as we learn about the water cycle and the importance of conservation.

MOTHERS' TEA-

"LAVENDER AND OLD LACE"

Ardenwood Volunteers
 1-3pm, Sat, May 8 #6546
 From wedding dresses to christening gowns,

lace adorns our most treasured garments. Treat Mom to an afternoon tea featuring this delicate fabric. While hostesses serve traditional savory and sweet delicacies, our expert from the Lace Museum will show samples and demonstrate how lace is created. Bring heirloom lace items to be identified. (12+yrs)
Reg. Required: (510) 636-1684
Fee: \$14 (non-res. \$16)

QUEEN FOR A DAY!

Ardenwood Staff
 11am-1pm, Sun, May 9
 In celebration of Mother's Day, crown yourself with a head wreath made from fresh-cut roses and flowers from the farm. Learn the history of Mom's special day.
Fee: \$2

AN IDEAL VICTORIAN WOMAN

Ardenwood Tara Reinertson
 1-2pm, Sun, May 9
 Known as "the mother of the nation," Queen Victoria came to be seen as the model of marital stability and domestic virtue. Learn how this remarkable queen influenced the fashion and roles of women. We will look at how the roles of women expanded from domesticity and motherhood to that of service and politics during the Victorian era.

CROQUET FOR KIDS

Ardenwood Staff
 1-2pm, Sun, May 9, 16
 Ever wonder what a whicket is? Bring your children and we will learn the proper etiquette of this quirky English game. Dress in all white (optional). (54yrs)

ANIMAL FEEDING

Ardenwood Staff
 3-3:30pm, Thursdays-Sundays, May and June
 Help slop the hogs, check the henhouse for eggs, and bring hay to the livestock. You'll learn all the animals' favorite foods as you help shut the farm down for the evening.

LOVELY LADIES CROQUET

Ardenwood Volunteers
 1-3pm, Sun, May 16, Jun 6
 A proper Victorian lady was not always limited to watching sports from the sidelines because of the social requirements of the day. Watch an entertaining example of a "very Victorian" croquet game.

ROPE AND HAY

Ardenwood Staff
 12:30-1:30pm, Sat, May 22
 Help make rope with our antique machine. See how lots of rope plus a few pulleys make hoisting hay bales into the barn a cinch.

FARM TREASURE HUNT

Ardenwood Christina Garcia
 1:30-3pm, Sat, May 22
 Legend has it that George Patterson buried a cache of gold somewhere on his farm, now known as Ardenwood. Use your map-reading and puzzle-solving skills to follow the clues and find our own version of George's treasure.

SUMMER FARM VOLUNTEERS

Ardenwood Christina Garcia
 10am-2pm, Thursdays and Fridays, Aug-Aug
 We need volunteers to help us with our summer season. Learn to handle the farm animals, demonstrate turn-of-the-last-century crafts, do farm chores, and play old-fashioned games. If you're at least 14 years old, enjoy working with children and are available on weekdays, please call for an application.

Reg. Required: (510) 796-0663

SCARECROW CREATIONS

Ardenwood Sara Fetterly
 1-2:30pm, Sat, Jun 5
 Help us build and stuff scarecrows, then plant them in the field to guard our crops from the birds. As we work we will learn how scarecrows came to be a favorite farm feature.

OLD-FASHIONED GAMES

Ardenwood Staff
 2-3pm, Sat, Jun 5
 Leave modern amusements behind and try your hand at old-fashioned fun! Hop like a bunny in sack races, pull like a bull in tug-of-war and fly like a peacock during a potato-spoon race. Bring the family, test your skill.

HAY HARVESTING

Ardenwood Gaeta Bell/Sara Fetterly
 11am-noon, Sun, Jun 6, 13, 20, 27
 Join an old-fashioned hay harvest. Pitch freshly mown hay into the wagon, then help build a giant hay stack. Learn the difference between hay and straw as we bring in the crop.

PITCHIN' IN ON THE FARM

Ardenwood Staff
 1-2pm, Sun, Jun 6
 It's chore time on the farm and there is much to be done! Help grind corn, feed the animals and search for eggs. Learn what makes our farmyard friends so special.

PIG PALS

Ardenwood Sara Fetterly
 2-3pm, Sun, Jun 6, 13
 Be a pig for a day! Make a cool new snout, then oink on over to the pen to make pals with the pigs. Ask nicely and they may share their secret of keeping cool in the summertime.

TAKE A RIDE ON LOCAL HISTORY

Ardenwood Volunteers
 11am-5pm, Sat. & Sun. June 12 & 13
 The Best Steam Engine is fired up and ready to go. Built in San Leandro almost 100 years ago, the Best weighs 19 tons, stands 17 feet tall and is as powerful as 110 horses! The engine will be running this weekend—stop by and see this amazing giant in action.

OLD-FASHIONED ICE CREAM

Ardenwood Staff
 1-2pm, Sun, Jun 13
 Invented in 1846, the hand-cranked ice cream freezer made frozen desserts fashionable. While turn-of-the-last-century chefs experimented with cucumbers and curry, we'll stick to flavors that have stood the test of time as we crank up a batch of this all-American treat.

A TASTE OF THE PAST

Ardenwood Gaeta Bell
 11am-noon, Sat, Jun 19, 26
 Why do heirloom vegetables taste better than their contemporary rivals, or do they? Come and taste for yourself. Learn which vegetables can be called heirloom and why it's so important to know the difference.

WALKING HISTORY TOUR

Ardenwood Gaeta Bell
 1-2pm, Sat, Jun 19, 26
 Take a lazy summer stroll through the historic grounds of Ardenwood Farm. Learn the story of the land, see some monuments of the past and trace the history of this farm.

LAUNDRY DAY

Ardenwood Staff
 2-3pm, Sat, Jun 19, 26
 Step back to the days before washing machines, when doing the laundry was a dreaded task. Try your hand at the dolly stick, washboard, or wringer as you help us scrub our farm clothes clean.

CHORES IN THE VEGETABLE GARDEN

Ardenwood Gaeta Bell
 1-2pm, Sun, Jun 20, 27
 Lend a hand planting seeds and turning compost in the heirloom vegetable garden. Learn vegetable fact and lore. A few tender spring vegetables may be ready to taste.

MEET THE BUNNIES

Ardenwood Staff
 2-3pm, Sun, Jun 20, 27
 Hop on over to the rabbit hutch and get a warm welcome from some of Ardenwood's furriest residents. Learn how rabbits use their noses, ears, and eyes to sense danger.

BLACK DIAMOND

Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Antioch. For info call (925) 757-2620 or email info@ebparks.org.

GREATHOUSE VISITOR CENTER

Black Diamond Mines Staff
9am-4:30pm, *Sats and Suns, March-Nov.*
Join the workings of a 20th-century mine and learn about the lives of the legendary coal miners in the Greathouse Visitor Center. Artifacts and photographs are displayed and a video featuring former Mt. Diablo coalfield residents is shown.

RAZEL-ATLAS

CLASAND MINE TOUR

Black Diamond Mines Staff
9am-11am, *Sundays and Sundays March-November*
Explore the underground through a guided tour and learn its history, geology, and sandstone mining methods. Advanced reservation is required at 11 a.m., 1 and 2 p.m. A 10 min. tour is available to groups of 10+. First-come first served tours are at noon and 3 p.m. Free participation required. (7+ yrs)
Reg. Required: (510) 636-1684
Fee: \$3

WILDFLOWER WATCH

Black Diamond Mines Sabrina Dussau
9:45am-10am, *Wed, May 5, 12*
Join April showers brought May flowers? Take the trails to discover what's blooming.
Reg. Required: (925) 757-2620.

KNOBBER

Black Diamond Mines Sabrina Dussau
9:45-10:30am, *Thu, May 20, Jun 17*
Knobbers were kids who worked with 19th-century coal miners. Join our 21st-century Knobbers as boys and girls discover the park's rich natural and cultural history. Hikes, games, and crafts will help us to explore a different way of life. May 20: Slithering Snakes. June 17: Sedimentary Rocks.
Reg. Required: (925) 757-2620
Fee: \$6 (non-res: \$8)

SLACKS FOR SNAKES

Black Diamond Mines Sabrina Dussau
11am-12pm, *Sat, May 22*
Step into the cool underground to explore the fascinating world of snakes. We'll see a slide show, meet a snake and then watch one of our resident snakes have a snack.

PLANTING PUMPKINS

Black Diamond Mines Sabrina Dussau
10-11:30am, *Sat, May 29*
Learn everything you need to know to grow a pumpkin, and more than you ever dreamed of learning about the history of this great gourd.
Reg. Required: (925) 757-2620
Fee: \$2

MINES, MINERS AND MINERALS

Black Diamond Mines Bob Kanagaki
10am-noon, *Sat, Jun #6455*
Follow in the footsteps of miners from the past like the Stewartville and Pittsburg Mine. Take a venture into a mine. (7+ yrs)
Reg. Required: (510) 636-1684
Fee: \$3

THE OWLS OF CONTRA LOMA!

Black Diamond Mines Mike Moran
10-11am, *Sun, Jun 6*
Join some great owl stories and learn how they help us out. Dissect a pellet in the Great House Visitor Center to see what they eat.
Reg. Required: (925) 757-2620

THE WORLD OF ROCKS

Black Diamond Mines Bob Kanagaki
10am-noon, *Sat, Jun 12*
Discover the sandy, flaky, shiny, and hard world of rocks at Black Diamond. Learn to recognize our common rocks and how we put them to use in our daily lives.

COYOTE HILLS

The Coyote Hills Visitor Center, open Tue.-Sun. 9:30 a.m.-5 p.m., has books, bug boxes, and other items for sale. The Garin Visitor Center opens for summer weekends May 29. Both Visitor Centers are open Memorial Day, May 1. For info call (510) 795-9385 or email chvisist@ebparks.org.

SUNDAY NATURE ADVENTURES

Coyote Hills Staff
2-3pm, *Sundays in May and June*
The park is full of a thousand stories about plants, animals and history. Learn about snakes or butterflies, marshes or shellmounds, and what makes them important. Call for details for the day you're planning to visit.

COYOTE SCOUT INSTITUTE

Coyote Hills Kristina Parkison
9:30-11:30am, *Sat, May 1, 15, Jun 5, 19*
Uncover the secret lives of animals, solve the mysteries of the marsh, or visit an Ohlone village site. These are just a few of the exciting discoveries you can make. (7-12 yrs)
Reg. Required: (510) 795-9385
Fee: \$6 (non-res: \$8)

NATURE'S COMPASS

Coyote Hills Dugeon/Parkison
12:30-3:30pm, *Sat, May 1, Jun 5*
Discover how animals navigate, then learn how to use a map and compass to do what animals do naturally. The June program will include a nature walk and compass course.
Reg. Required: (510) 795-9385
Fee: \$5 (non-res: \$7)

BACKYARD BIRD

Black Diamond Mines Jan Southworth/staff
10am-4pm, *Sat, May 8*
Bay Area growth over the last 100 years has vastly reduced wildlife habitat. Learn how to provide butterfly- and bird-friendly habitat in your yard, patio, or window box. Enjoy, lectures, crafts, music, face painting, tours, and bird, butterfly and wildflower walks. Purchase plants to start your own habitat garden.

THE BUTTERFLY GARDEN IS OPEN

Coyote Hills Jan Southworth
10am-4pm, *Sat, May 8, Jun 12*
Enjoy the garden when birds, blossoms and butterflies abound. Learn tips for planting a habitat garden or just relax in the sites, sounds, and sensations of springtime splendor.

COYOTE CUBS

Coyote Hills Kristina Parkison
10-11:30am, *Tue, May 11, 25*
Snakes and butterflies are just some of the creatures we ones and their guardians can meet. These hands-on programs are designed to stimulate young minds and develop a sense of wonder about the natural world. (3-5 yrs)
Reg. Required: (510) 795-9385
Fee: \$6 (non-res: \$8)

SOAPROOT BRUSH-MAKING

Coyote Hills Ramona Garibay/Bev Ortiz
10am-noon, *Sun, May 16 #6424*
Soaproot brushes were used for many tasks by Native Americans. We'll take you out to gather the soaproot, then show you how to make your own brush. (14+ yrs)
Reg. Required: (510) 636-1684
Fee: \$15 (non-res: \$17)

SHELLMOUND OPEN HOUSE

Coyote Hills Beverly Ortiz
1:30-4:30pm, *Sun, May 16, Jun 13*
Walk one-half mile to a village site where the Tuibon Ohlone lived for more than 2,000 years. Theodore W. Bonillas (Mutsun Ohlone) will share plant uses with you while we demonstrate Ohlone-style basketry.

HONORING THE FIRST PEOPLE

Coyote Hills Beverly Ortiz
10am-4pm, *Sun, May 30*
Help us memorialize 12,000 years of human

habitation in the Bay Area by cleaning and weeding a more than 2,000-year-old Ohlone village site. We'll also reconstruct Ohlone-style houses. We'll provide lunch, snacks, and gloves. (12+ yrs)

Reg. Required: (510) 795-9385

TUESDAY TEATIME TREKKERS

Coyote Hills Estacio/Southworth
2-4pm, *Tuesdays in June, July, August*
Enjoy the British tradition of combining nature study and exercise with afternoon tea. Our intrepid trekkers will stroll through marsh and meadow studying the flora and fauna. Then we'll gather in the garden for a cup of tea and our "snack of the week," complete with recipe. At summer's end we'll have a full-on high tea with a rich assortment of sweets and savories created by our participants. (12+ yrs)

Reg. Required: (510) 795-9385

Fee: \$3/program; Session Fee, \$35

BUTTERFLY AID-

VOLUNTEERS IN THE GARDEN

Coyote Hills Jan Southworth
9-10:30am, *Sat, Jun 12*
Help create habitat for the many species of butterflies and birds that make the nectar garden their home. We'll plant, weed, and prune as we enjoy the antics of the garden wildlife.
Reg. Required: (510) 795-9385

OHLONE PLANT FOODS

Coyote Hills Bonillas/Ortiz
10am-noon, *Sun, Jun 13*
Theodore W. Bonillas (Rumsien Ohlone) and Naturalist Beverly Ortiz will introduce you to Ohlone plant foods. Taste manzanita cider, acorn, roasted peppernuts, and several teas, and learn about their medicinal uses.

SUMMER SOLSTICE

CELEBRATION HIKE

Coyote Hills Jan Southworth
6-8:30pm, *Mon, Jun 21 #6451*
Many early cultures celebrated the longest day of the year. On this solstice, bring a picnic dinner and join us for a hike up Red Hill for music and ceremony around the fire. We'll provide beverages, you bring a musical instrument (rattle, flute) to play for our primitive concert. The sacrificial watermelon will provide our hilltop refreshment as the sun sets.
Reg. Required: (510) 636-1684
Fee: Adult \$5/Child \$2 (non-res: \$7/\$2)

KIDS DIGITAL PHOTO SAFARI

Coyote Hills Jedlovce/Southworth
10:30am-1:30pm, *Sat, Jun 26 #6452*
Bring your digital camera to this kids-only workshop. We'll study our cameras, learn tips and tricks for taking great animal photos, then take a photo hike to try out what we've learned. After checking out our photos on the digital projector, we'll print students' favorites and post them on the Web! (8-12 yrs)
Reg. Required: (510) 636-1684
Fee: \$15 (non-res: \$17)

LAVENDER SACHET:

MAKE IT AND TAKE IT

Coyote Hills Jan Southworth
2:30-4:30pm, *Sat, Jun 26*
Learn the lore of lavender, its medicinal and romantic uses, and the best species for fragrance. Take an aromatherapy walk in the garden to create your own handmade sachet.
Reg. Required: (510) 795-9385
Fee: \$5 (non-res: \$7)

CRAB COVE

Crab Cove Visitor Center is open Wednesdays-Sundays from 10 a.m.-4:30 p.m. For information about naturalist programs or other activities call (510) 521-6887 or email ccove@ebparks.org.

LOW TIDE EXPLORATIONS

Crab Cove Staff
3-5pm, *Sun, May 2, 16, 9-11am, Sun, May 23*

Seize this opportunity to become acquainted with your estuarine neighbors! Discover what estuarine means! Delight in the diversity of life forms found on mudflat and rocky shore!

SEA SIBLINGS

Crab Cove Staff
9-10am-10:30am or 11am-noon
Tue, May 4, 18, Jun 1, 15
For the 3-5 year old learning ability while providing the option of inviting 1-5 year old siblings or friends along. Each class provides outdoor exploration and a theme-related craft. All children pay the course fee. May 4: Terrific Turtles. May 18: Ponding Ponds. June 1: Air Appreciation. June 15: Insect Investigation.

Reg. Required: (510) 521-6887

Fee: \$4

BOY SCOUT OCEANOGRAPHY

MERIT BADGE

Crab Cove Naturalist Nancy

9am-1pm, *Sat, May 8 #6669*

This lab is packed with engaging activities that meet all Oceanography Merit Badge requirements except #4 and #8. We will seine net, mud grab, plankton sample and look at our findings under a microscope. 1:5 adult leaders-to-Scout ratio, please.

Reg. Required: (510) 636-1684

Fee: \$12 (non-res: \$14)

SPECIAL TOPICS NATURE SERIES

Crab Cove Staff

10am-noon, *Sun, May 9, 1-2pm, Sat, Jun 5*

May 9: Aliens of San Francisco Bay: Alien species are invading our bay, competing with natives for resources. How will this assault affect us? Join biologist Andy Cohen on a search along the mudflats and shore for invaders and answers to this question. Children are welcome. June 5: Managing Pesky Populations: Worried about the West-Nile virus? Puzzled about how to manage ticks, rats, or other critters? Wonder if they carry disease? Dan Wilson of Alameda Co. Vector Control will separate fact from fiction and explain how his agency provides help.

Reg. Required: (510) 521-6887

SEA SQUIRITS

Crab Cove Staff

10-11:30am, *Tue, May 11, 25, Jun 8, 29*

For 3-5 year olds accompanied by an adult; discover nature with your little one. Each program offers outdoor exploration and a theme-related craft and snack. See our "Sea Siblings" program if you prefer to have 1-5 year olds join their 3-5 year old siblings. May 11: Terrific Turtles. May 25: Ponding Ponds. June 8: Air Appreciation. June 29: Insect Investigation.

Reg. Required: (510) 521-6887

Fee: \$6 (non-res: \$8)

ESTUARY EXPLORERS

Crab Cove Staff

3:30-5pm, *Thu, May 13, 27, Jun 10, 24*

For 6-8 year olds; includes outdoor exploration and a theme-related craft and snack. Parents/guardians are encouraged to drop off their child for a slightly more independent nature experience. May 13: Terrific Trees. May 27: Ponding Ponds. June 10: Air Appreciation. June 24: Insect Investigation.

Reg. Required: (510) 521-6887

Fee: \$6 (non-res: \$8)

INSIDE A SQUID

Crab Cove Naturalist Nancy

3-4:30pm, *Sat, May 15*

Dissect a squid to discover the features that allow cephalopods to succeed as fast-swimming hunters. Later, the dissected squid will be used to feed our aquarium sharks. (8+ yrs)

Reg. Required: (510) 521-6887

Fee: \$2

BUTTERFLIES AT THE COVE

Crab Cove

Anthony Fisher

1-2pm, Sun, May 30

Discover the amazing life history of the anise swallowtail. Search for the eggs, larvae, and adults of this exquisite butterfly.

WEST ALAMEDA

EVENING CONCERT SERIES

Crab Cove

5:30pm-7:30pm, Fri, Jun 11

Eddie and the Boppers, one of Bay Area's best oldies bands, will play a mix of rock-and-roll in a tribute to the 50s and 60s! Extended hours at the all new Visitor Center plus family activities on the deck and beautiful views of San Francisco Bay makes our free concerts extra special. Bring your blanket or lawn chair; food and beverages available for purchase. Sponsored by the West Alameda Business Association and East Bay Regional Park District.

SAND CASTLE AND SCULPTURE CONTEST

Crown Beach

Staff

9am-noon, Sat, Jun 12

Join in this long-time Alameda event! Free registration is 9 a.m. for contestants. Sandcastle construction is from 9 a.m.-noon, with judging and awards at noon. Come early to view these fantastic works of art, as they will disappear with the incoming tide. Then come by Crab Cove's Visitor Center and enjoy our new exhibits and activities!

RETURN OF THE TERNS FESTIVAL

Crab Cove

Staff

11am-noon #6652, noon-1pm #6655,

1-2pm #6656, Sun, Jun 13

View endangered California least terns tending chicks. To avoid disturbing the birds, this hour-long adventure takes place aboard a bus with binoculars and a scope. A wildlife biologist will be along to answer questions. An orientation slide show is available before each bus trip. We'll have ongoing activities at the Visitor Center throughout the day. (8+ yrs)

Reg. Required: (510) 636-1684

Fee: \$3

PARADE PREPARATION

Crab Cove

Gail Broeders/staff

11am-2pm, Sat, Jun 26

Come to the Cove and help us prepare for our annual entry in the 4th of July Parade, and get information on joining us on the 4th. We'll be stuffing a giant crab, and more.

SUNOL

Sunol Visitor Center is open Sat-Sun. 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svsist@ebparks.org.

WILDERNESS EXPLORERS

AND TREKKERS

Sunol

Staff

Various times and dates

Join us in the outdoors for discovery and adventure as we explore the wonders of the world around us. Call for space availability and May program topics. Call for a flyer.

Reg. Required: (925) 862-2601

Fee: \$6 (non-res. \$8)

WOMEN ON COMMON GROUND

Sunol

Katie Colbert

Times and dates vary

This is a series of naturalist-led programs for women who love to hike, camp, and play in the out-of-doors, but whose concern for personal safety keeps them from enjoying their own parklands. For a complete schedule, call (925) 862-2601 or email svsist@ebparks.org. (adults)

VALLEY NATURE RIDE

Sunol

Staff

10:10-45 am, Sun, May 2 #6603, May 16

#6604, Jun 13 #6605, Jun 27 #6606

Enjoy an introduction to the cultural and natural history of Sunol, then enjoy a 20-min. guided horseback ride. (6+ yrs)

Reg. Required: (510) 636-1684

Fee: \$17 (non-res. \$19)

OUTDOOR DISCOVERIES

Sunol

Staff

10:11-30am, Thu, May 6, 13, 20, 27,

Jun 3, 10, 17, 24

Children 3-5 years and an adult are invited to explore the wilderness. Different topics each week. Call for space availability and May programs. Summer sessions (June-August) filled by application. Call for a summer application, deadline for application Mon., May 24.

Reg. Required: (925) 862-2601

Fee: \$6 (non-res. \$8)

OHLONE WILDERNESS

TO ROSE PEAK

Sunol

Erica Oudeboop-Herron

10:30am-4pm, Wed, May 26

Rose Peak in the Ohlone Regional Wilderness rises 3,817 feet. On a clear day you can see the Sierra to the east and Farallon Islands to the west. Today, we will drive along fire roads and look for eagles, falcons, and hawks. (55+ yrs)

Reg. Required: (925) 862-2601

Fee: \$20 (non-res. \$22)

THE 20TH ANNUAL RATTLESNAKE RENDEZVOUS

Sunol

Norm Kidder

Fri-Sun, May 28-30 #6397

This program takes place from noon Friday, May 28, through 6 p.m. Sunday. Travel seven miles and untold years into the past to experience life without metal or electricity. Practice a wide range of primitive skills including cooking, stone tools, cordage, fire and music.

Reg. Required: (510) 636-1684

Fee: Adult \$80/Child \$40 (non-res. \$88/\$44)

TRAILS CHALLENGE: MAGUIRE PEAKS

Sunol

Cindy "Cat" Taylor

9:30am-2:30pm, Sat, Jun 5

Take a 5-mile stroll around the Maguire Peaks Loop Trail (part of the Trail Challenge Hike program) as we discover the natural, cultural and geologic history of the "twin peaks." Meet at the Old Green Barn. We'll carpool to the parking area. (7+ yrs)

SCIENCE FOR TYKES

Sunol

Cindy "Cat" Taylor

3-4:30pm, Sat, Jun 12,

10am-12:30pm, Sun, Jun 20

Budding scientists and their families are invited to outdoor nature programs set in a wildly exciting laboratory—the wilderness! **June 12, Wet and Wild:** Investigate the animals that call Alameda Creek "home" and the adaptations they possess for such a wildly wet lifestyle. **June 20, Dad's Day Little Yosemite Lunch Hike:** Bring Dad to explore the geologic wonders of Little Yosemite on a 2-mile hike. Call for a complete schedule. (4-8 yrs)

Reg. Required: (925) 862-2601

Fee: \$6 (non-res. \$8)

HIKE FOR THE LITTLEST TYKES

Sunol

Cindy "Cat" Taylor

2-3:15pm, Sun, Jun 20

Tiniest toddlers and wee-est walkers and their parents will stomp through creek puddles, explore rocks, leaves and other surprises and meet some wild critters up close. Bring a towel, complete change of clothes and closed-toe shoes that can get trampled. (18mos-3yrs)

QUEST FOR FIRE

Sunol

Norm Kidder

10am-1pm, Sat, Jun 26 #6614

Seen "Castaway"? Watched "Survivor"? Learn several methods of making fire including hand

drill, bow drill and flint-and-steel. We will also practice building a cooking fire in case we want a hot lunch. (10+ yrs)

Reg. Required: (510) 636-1684

Fee: Adult \$10/Child \$5 (non-res. \$12/\$7)

TILDEN

The Environmental Education Center is open Tue-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tarea@ebparks.org.

BUTTERFLY GARDENING

Tilden Nature Area

Jessica Sheppard

1-3pm, Sat, May 1

Summer is near and so are the butterflies! Identify local species and learn how to attract them while you help with planting and weeding. We have tools; call if you need gloves.

UNIQUE PAINTING EXHIBITION

Tilden Nature Area

10am-5pm, May-June

"Tilden Visions" is a show of mixed-media paintings by Sheila Sondik. Combining Asian and Western materials and techniques, these paintings present a unique interpretation of Tilden's natural beauty. Visit www.sheilasondik.com for more information.

BLOOMIN' PAPER

Tilden Nature Area

Salli Lundgren

1-3pm, Sun, May 2

Want to turn paper into flowers? Make recycled paper embedded with seeds to take home and plant in your own garden. (7+ yrs)

Reg. Required: (510) 525-2233

Fee: \$3

TEA AT FOUR

Tilden Nature Area

Alan Kaplan

4-5:30pm, Mon, May 3, 10, 17, 24

Enjoy some of the best teas from the other side of the Pacific Rim and learn their cultural and natural history. Then, take a walk to see nesting birds, diving ducks, or a surprise!

Reg. Required: (510) 525-2233

Fee: \$5 (non-res. \$7)

MID-DAY MEANDER

Tilden Nature Area

Alan Kaplan

2:30-4:30pm, Tue, May 4

Bird song, oak galls, and ferns on Alan's favorite trails today! Life cycles of the winged and wet are featured.

KIDS GARDEN CLUB

Tilden Nature Area

Kate Scott/Nadia Stanis

2-4pm, Sat, May 8, 22, Jun 12

May 8: Remove invasive plants and plant natives. **May 22:** Design and carry out experiments! **June 12:** Look for larva and discover their flying forms. (7-12 yrs)

Reg. Required: (510) 525-2233

Fee: \$3

JUNIOR SKYWATCHERS

Tilden Nature Area

Nadia Stanis

7-9pm, Sat, May 8

Explore the sky. Learn about the mysterious forces of gravity. We'll do experiments and then do some moonless stargazing. (8-11 yrs)

Reg. Required: (510) 525-2233

Fee: \$4

SHEAR FUN!

Tilden Nature Area

Stanley Ward

10am-noon, Sun, May 9

Join Judd Redden who has been shearing sheep for ten years to learn about this remarkable, renewable resource.

MARY MICHE' ON MOTHER'S DAY

Tilden Nature Area

Dave Zuckermann

3-4pm, Sun, May 9

Mary specializes in delightful music for children. Join us for a lively, fun-filled concert.

SLITHERIN

Tilden Nature Area

Staff

10:30am-noon, Sat, May 15

Stop by to say Hi! to one of our friendly snakes. Learn all about reptiles hear a story.

BUGS-R-US

Tilden Nature Area

2-3pm, Sat, May 15

Learn all about insects, then search for them in soil, under logs and in our compost!

MINI-RANGERS

Tilden Nature Area

Dave Zuckermann

3:30-5:30pm, Tue, May 18, Jun 22

Find out how it feels to be a Ranger! Join an active afternoon of nature study, conservation and rambling through woods and water. For 8-12 year olds, unaccompanied by parents.

Reg. Required: (510) 525-2233

Fee: \$6 (non-res. \$8)

LOST WATERFALL IN SPRING

Tilden, Lake Anza

Jessica Sheppard

1-4pm, Sat, May 22

Join a 3.5-mile trek to Lake Anza to explore the riparian flora and fauna. Hear the story of the waterfall that isn't here. Bring a snack.

ON THE BLUEBIRD TRAIL

Tilden Nature Area

Dave Zuckermann

10am-1pm, Sun, May 23

Climb up and over Wildcat Peak to our blue bird nestbox trail. Help with our nesting box survey, and enjoy great views on this hilly, 3-mile hike. Bring water and snack. (10+ yrs)

MINI-GARDENERS

Tilden Nature Area

Nadia Stanis

2-3:30pm, Sun, May 23, Jun 6

Garden exploration for 4-6 year olds accompanied by adults. **May 23:** Dig through dirt, look through magnifiers, and use senses to find insects. **June 6:** Make up stories about our garden and the animals that live there.

Reg. Required: (510) 525-2233

Fee: \$3

MEET MY TRANTULA

Tilden Nature Area

Kate Scott

2-3:30pm, Sat, May 29

From the ferocious to the friendly, meet the arachnid that doesn't fit the stereotype.

FIRE: FRIEND OR FOE?

Tilden Nature Area

Dave Zuckermann

11am-12:30pm, Sun, May 30

Tour a fire engine, meet Smokey Bear, and learn how fire is fought, as we explore the dangers and benefits of fire.

HISTORY & MYSTERY OF REDWOOD

Tilden Nature Area

Salli Lundgren

12:30-2pm, Sun, May 30

Discover California's State Tree—its history, growth and presence in the Bay Area. We'll also take a walk to the "moon."

MEET THE ARTIST RECEPTION:

SHEILA SONDIK

Dave Zuckermann

2:30-4:30pm, Sun, May 30

Meet Sheila Sondik, Mixed Media Specialist whose paintings are currently on view. She will demonstrate her impressionistic paper crinkling, painting technique.

BEGINNER'S BIRDWALK

Tilden Nature Area

Dave Zuckermann

8:30-10:30am, Mon, May 31

Migrants are here and the woods are filled with bright color and song. Join us for a look and listen. Binoculars are available for loan.

MEMORIAL DAY OPEN HOUSE

Tilden Nature Area

11am-4pm, Mon, May 31

Enjoy a variety of activities: homemade ice cream, the great potato chip taste-off, to raffle and bunny fun.

HOLIDAY POND PLUNGE

Tilden Nature Area

Dave Zuckermann

2-3pm, Mon, May 31

With dip-nets and magnifiers in hand, we'll discover the "denizens of the deep"—amphibians, insect larvae and more. (4+ yrs)

LADYBIRDS & LADYBUGS

Tilden Nature Area

Alan Kaplan

10am-noon, Sat, Jun 5

We'll collect and release as many adult and larval forms as we can find. We'll talk about the good these beetles do, and learn about the ones who have turned to the dark side.

PONDS ARE PLACES WHERE BABIES GROW UP

Tilden Nature Area
2-4pm, Sat, Jun 5
Alan Kaplan
Meet nymphs, naiads, larvae and the real "Phantom Menace" as we look at pond creatures with the 14-power Discovery Scope.

GOODNIGHT, LITTLE FARM

Tilden Nature Area
2-4pm, Sat, Jun 5
Salli Lundgren
Round up the chickens, slop the hog, feed the cows and tuck in the animals for the night. Wear boots if you've got them.

NEOTROPICAL MIGRANTS

BIRDWALK
Tilden Nature Area
8-10am, Sun, Jun 6
Alan Kaplan
Up-close views of birds from far away. Learn their habits and habitats, and stay for a great cup of coffee, pastries too.
Reg. Required: (510) 525-2233
Fee: \$5 (non-res. \$7)

LARREL CANYON HIKE

Tilden Nature Area
8-10am, Sun, Jun 6
Alan Kaplan
The heart of our park is this wooded canyon. We'll use birds, blooms, berries and learn the role that each plays in the life of this place. Some steep parts, so wear good shoes.

TILDEN TOTIS

Tilden Nature Area
10-11:30am, Tue, Jun 8
Linda Yemoto
A nature adventure for 3 & 4 year olds each accompanied by an adult. We'll venture to the ponds to capture and release dragonfly and damselfly nymphs, diving beetles and more.
Reg. Required: (510) 525-2233
Fee: \$6 (non-res. \$8)

TILDEN EXPLORERS

Tilden Nature Area
2:15-4:45pm, Tue, Jun 8
Linda Yemoto
A nature adventure for 5-7 year olds who may be accompanied by an adult, no younger siblings, please. We'll capture and release cypress, naiads, larvae and pupae of all kinds.
Reg. Required: (510) 525-2233
Fee: \$6 (non-res. \$8)

SCRATCH 'N' TITCH

Tilden Nature Area
11am-noon, Sun, Jun 13
Kate Scott
What can be green, red, orange, or leafless? *Taxodendron*, or poison oak. Learn how to identify it, avoid it, and treat the rash.
Reg. Required: (510) 525-2233

GARDEN FRIENDS

Tilden Nature Area
2-3:30pm, Sun, Jun 13
Staff
Summer is beginning and the garden is full of life. We'll tend to the plants, munch on snacks, and look for signs of growing things.

CAMPFIRE & SING-ALONG

Tilden Nature Area
5:30-8:30pm, Sun, Jun 13
Margaret Kelley
Bring your hot dogs, buns, marshmallows, and 6-to-8-year sticks. Cook over an open fire, sing songs, and tell stories. Dress for fog. We'll walk uphill to the campfire circle. Call for disabled assistance.

SUMMER SCIENCE WEEKS

Tilden Nature Area
11am-4pm, Mon-Fri, Jun 14-18 #5502,
July 19-23 #5503, July 26-30 #5504,
Aug 4-13 #5505, Aug 16-20 #5506
Week-long sessions covering biology topics of interest to junior scientists. **June 14:** Count butterflies, hunt bugs, and meet common plant life. **July 26:** Potpourri. **August 9:** Human biology and a close look at the new Kingdoms of life. **August 16:** Best of Science Week;

Favorites from past sessions. (9-12yrs)

Reg. Required: (510) 636-1684

Fee: \$150 (non-res. \$166)

BREADBAKING

Tilden Nature Area
1-4pm, Sat, Jun 19
Kate Scott
Learn about bacteria and grass seeds with freshly baked bread as the result of an afternoon of discovery, measuring and kneading. We'll take a short walk while our bread rises.
Reg. Required: (510) 525-2233
Fee: \$5 (non-res. \$7)

SUMMER STORY HOUR

Tilden Nature Area
10:30-11:30am, Sun, Jun 20
Staff
Listen to fun tales around a nature theme and make a craft to fit the story!

BABES IN THE WOODS

Tilden Nature Area
3-4:30pm, Sun, Jun 20
Dave Zuckermann
Dads, bundle your baby in a backpack and join a Father's Day walk to explore the sights, smells, and sounds of nature.

MEET THE LOCALS

Tilden Nature Area
10-11:30am, Sat, Jun 26
Staff
Stop by the Little Farm to learn about farm animals and help muck out the pens, collect eggs, and groom a goat. Be prepared to get dirty. Parent participation required. (6+yrs)

FLORAL FORAY

Tilden Nature Area
2-3:30pm, Sat, Jun 26
Staff
We'll go on a short walk around the nature center and Little Farm to discover flower anatomy, names and their role in nature.

WET AND WILD WATER

Tilden Nature Area
10:30am-noon, Sun, Jun 27
Staff
Join us for a watershed tour, conduct water experiments, and maybe even play in it if the weather's hot.
Reg. Required: (510) 525-2233

LITTLE FARM WALK

Tilden Nature Area
10am-4:30pm, Mon, Jun 28-Jul 6 #6395,
Jul 12-16 #6393, Aug 2-6 #6394
Nadia Stinis
Experience the country farm lifestyle during a week of farm camp. We'll learn about farm animals, dig, shovel, harvest, cook, get dirty and have fun... guaranteed! (8-11yrs)
Reg. Required: (510) 636-1684
Fee: \$135 (non-res. \$149)

OTHER PARKS

HIKING THRU HABITATS

Redwood
9am-1pm, Sat, May 1
Naturalist Nancy
This fairly strenuous 5.8-mile hike sweeps along a ridge, drops into redwoods and crosses a creek, then climbs into a redwood/bay forest. Learn about these intriguing habitats!
Info: (510) 521-6887

LAKE DEL VALLE

SCENIC BOAT TOUR
Del Valle
Saturdays and Sundays, May & June
Join us on a boat tour to the dam. We will answer your questions about the lake, the wildlife, and the park. Bring a jacket, sunscreen and binoculars if you have them. Purchase tickets at the west-side concession beginning at 11am; age 13 and up \$4.25; age 1-12 \$2.75; under 1 year free if in parent's arms. All children under 13 (including infants) and all non-swimming adults will be required to wear a provided flotation device. Programs may be canceled if there are five or fewer participants.
Info: (925) 862-2601

DEL VALLE CAMPFIRE PROGRAMS

Del Valle, Family Campground
Interpretive Staff
8-8:45pm, Sat, May 1, 8, 15, 22

8-9pm, Fri & Sat, May 28 & 29

8:30-9:30pm, all Fri and Saturdays in June

Join us for entertaining and educational programs. We will visit campsites before each evening's program to answer questions about the Regional Parks. Del Valle and park plants and animals. Non-campers are welcome.

SPRINGTIME IN THE BLACK HILLS

Morgan Territory
Mike Moran
10am-1pm, Sun, May 2, 30
Enjoy springing with a four-mile exploration of the beauty of oak woodland, chaparral, grassy meadows and the critters that call it home.
Reg. Required: (925) 757-2620

WEDNESDAY WALKS

Various parks
Christina Garcia
9:30-11:30am, Wed, May 5, 19, 26, Jun 16, 23, 30

Explore unique habitats of the East Bay with our friendly walking group. Discover the natural and human history of our parklands and improve your health on a fast-paced hike. All ages and abilities welcome. Celebrate the Park District's 70th Anniversary this year by hiking 70 miles with the Wednesday Walks hiking group and receive a commemorative patch. Wear sturdy footwear and bring water. We hike rain or shine; hikes may be re-routed due to trail conditions. Call (510) 796-0199 for information and directions. Hikes begin at 9:30 a.m. May 5, Las Trampas: A steep climb to the top of Las Trampas Ridge, then a fairly level hike along the top. We'll take a side trip to Sulphur Springs for a total of 5 miles. Meet in the parking lot at the end of Bollinger Canyon Road in San Ramon.

May 19, Del Valle: Meet at the boat launch to walk along the shore of this secluded reservoir. We'll hike into the hills to complete a somewhat strenuous 4-mile loop. Parking fee: \$6. **May 26, Shadow Cliffs:** Meet by the snack bar for a 2.5-mile stroll along the shore of this popular fishing hole. We'll explore the shady arroyo as well. **June 16, Morgan Territory:** Explore the hills and shady canyons of this preserve on a somewhat strenuous 3-mile hike. We'll look for late wildflowers and evidence of the Volcan people who once lived in this beautiful area. **June 23, Five Canyons:** We'll explore the open space that surrounds this development. Meet at Don Castro Regional Recreation Area for this somewhat strenuous 5-mile hike. Meet by the entrance to the swim lagoon. **June 30, Garin:** Start with a short climb up a grassy ridge for a view of the South Bay Area. Then hike about 5 miles through fragrant oak-bay woodlands and shady canyons. Meet at the Barn.

MORNING BIRDWALKS

Various parks
Alan Kaplan
7-9:30am, Thu, May 6, Tue, May 11, Tue, May 18, Tue, May 25, Thu, Jun 3
May 6, Tilden Nature Area: Summer residents are here, now! **May 11, Tilden's Selby Trail:** Meet at the pull-out on Wildcat Canyon Road east of Grizzly Peak Blvd. **May 18, Tilden:** Meet at the parking lot on Golf Course Road just east of Grizzly Peak Blvd. **May 25, Briones:** Meet just past the kiosk at the Bear Creek Road entrance. **June 3, Tilden:** More "summer complaints" and year-round residents. Call ahead to reserve binoculars.

GUIDED TRAILS CHALLENGE HIKES

Various parks
Staff
10am-1pm, Sun, May 2, 9am-1pm, Sat, May 8, 4-6:30pm, Sat, May 15, 10am-1pm, Sun, May 16, Sat, May 29, 10am-3pm, Sun, Jun 27
These hikes are open to the general public as well as Trails Challenge participants. **May 2:** Pedal San Pablo Ridge and explore the history and preservation of the Wildcat watershed views on this paved, 9-mile ride with a few hills (12+yrs). Reg. Required: (510) 525-2233. **May 8:** A four-mile exploration of the oak woodland, chaparral, and grassland of Mount Diablo's eastern foothills in Morgan

Territory. (8+yrs). Reg. Required: (925) 757-2620. **May 15:** Wander a moderate 2.4 miles along Briones' Alhambra Creek learning bits of history and enjoying riparian riches and Mt. Diablo views (6+yrs). Reg. Required: (925) 757-2620. **May 16, Miller Knox:** Climb the hills and learn the history of Rancho San Pablo, Ferry Point, and Bott's Flying Machine. Meet in the first parking lot off Dorman Dr. near Pt. Richmond. Reg. Required: (510) 525-2233. **May 29, Claremont Canyon:** Snakes alive, this canyon is crawling with them! Learn to identify the harmless and poisonous species. Bring lunch and water. Reg. Required: (510) 525-2233. **July 27, Tilden:** Views to the east and west will reward you as we hike the ridge from Inspiration Point. Bring lunch. Reg. Required: (510) 525-2233. **GUIDED TRAILS CHALLENGE RIDE**
Tilden, Inspiration Point
Dave Zuckermann
10am-1pm, Sun, May 2
Pedal San Pablo Ridge and explore the history and preservation of the Wildcat watershed views on this paved, 9-mile ride with a few hills. (12+yrs)
Reg. Required: (510) 525-2233

MOTHER'S DAY MEANDER

Round Valley
Mike Moran
10am-2pm, Sun, May 9
Take mom on a hearty and hilly 4-mile jaunt through wildflowers and under oaks. Bring a snack and water.
Reg. Required: (925) 757-2620

LAND BANK TOURS

Vasco Caves, Carquinez
Robert Doyle
10am-2pm, Sat, May 15 #6401, Sat, Jun 12 #6402

The Land Department will lead a series of hikes to explore the newly protected Measure AA land bank properties that are currently not open to the public. This is a guided tour of 27,000 acres of newly protected scenic open space. Walk and talk about future challenges facing E.B.R.P.D. **May 15:** Explore the Vasco Caves Preserve with Bob Doyle, Assistant General Manager of the Land Division. You will see the carefully protected caves that are sacred to the Native American population, vernal pools, wildflowers, the rare Palmer Oak, a thriving bird community and stunning vistas of East Contra Costa County and the Central Valley. **June 12:** Hike the C&H property ridge above the shoreline, where you will see sweeping vistas of the Carquinez Strait, the Delta, San Francisco Bay, the marshland of Benicia State Recreation Area to the north, Mt. Tamalpais to the west, Mt. Diablo to the east and to the south are the ridges of Briones and Las Trampas Regional Parks.

Reg. Required: (510) 636-1684

Fee: \$10 (non-res. \$12)

GORGEOUS GARIN

Garin
Kristina Parkson
1-3pm, Sat, May 15
Join us on a lovely natural history hike for a peek at the wonders of this park, known for its picnicking, but also home to lush canyons and sweeping vistas of the bay. (6+yrs)
Reg. Required: (510) 795-9385

MARSH MEANDERS

Various parks
Mike Moran
10-11:30am, Sun, May 16 Big Break,
Jun 27 Martinez Shoreline
See a marsh on a flat trail. We'll search for the critters, plants, and history that make these two wetlands jewels of our inland coast.
Reg. Required: (925) 757-2620

19TH ANNUAL BAY AREA

STORYTELLING FESTIVAL
Kennedy Grove
Linda Yemoto
9am-7:30pm, Sat-Sun, May 22-23
Join us for a weekend of lively and entertaining storytelling featuring professional tellers

from across the country: Milbrey Burch of Missouri; Michael Parent of Maine; Vicki Juditz of Southern California; Tim Tingle of Texas; and Gladys Cogswell of Missouri. (9+hrs)
Fee: for all weekend: \$52 adult, \$40 senior, \$20 children

Tickets for individual events also available.
Info: (510) 869-4946 or (650) 952-3397
www.bayareastorytelling.org

SIBLEY HISTORY MUSH

Sibley Naturalist Nancy
 10am-1:30pm, Sat, May 22
 70 years ago, Sibley became one of the first parks in the newly organized East Bay Regional Park District. Celebrate the rich human history that shaped the park we now enjoy. "Operation Skyhook" and the CCC are a sampling of the stories we will share. Bring a bag lunch and any of your stories and photos!
Info: (510) 521-6887

INTO DEVIL'S HOLE

Las Trampas Cindy "Cat" Taylor
 10am-3pm, Sat, May 22
 Discover the glories of Devil's Hole during this 6 1/3 mile round-trip journey. Approximately 1,800 feet of total elevation gain with some strenuous ascents. We'll explore the exciting geology and natural history of this geologic gem. Pack lunch. (8+hrs)
Reg. Required: (925) 862-2601

TODDLER FOREST ADVENTURE

Redwood Naturalist Nancy
 4-5pm, Sat, May 22
 Wrap your arms around a redwood tree, peer into a gopher burrow, and search for banana slugs. Songs, a story, and crayon rubbings, will round out our forest adventure. (3-5yrs)
Info: (510) 521-6887

RETURN OF THE OVER-THE-HILLS-GANG

Various parks Dave Zuckerman
 10am-noon, Tue, May 25, Jun 29
 Hikers 55 years and older who are interested in nature study, history, fitness and fun are invited to join us on a series of monthly explorations of our Regional Parks. **May 25**, Morgan Territory: Grand vistas, sandstone mortars, spring flowers. **June 29**, Wildcat Canyon/Alvarado: Explore the historic area once known as Grand Canyon Park.
Reg. Required: (510) 525-2233

BIRDING BY BIKE

MLK Jr. Shoreline Jessica Sheppard
 4:30-5pm, Tue, May 25, Jun 29
 Now that the migrants are gone, see who stayed behind to raise their babies. We'll look for clapper rails and search for elusive owls. Bring your bike and a helmet. Meet at the last parking lot, by the observation deck at the end of the driveway off Swan Way. Call ahead to reserve binoculars. (510) 525-2233.

CRITTERS' HOMES

Chabot Family Campground, Naturalist Nancy
 3:30-5pm, Sat, May 29
 Become a wildlife biologist for the afternoon. We will use our knowledge of creatures habits, to ferret out their homes and habitats.
Info: (510) 521-6887

CHABOT SUMMER CAMPFIRES

Anthony Chabot Amphitheatre Staff
 8-9pm, Sat, May 29, Jun 5, 12, 19, 26
 Kick off our summer campfire season! Non-campers welcome! Dress warmly and bring marshmallows. **May 29**: The Impact Monster learns how to care for our natural world. **June 5**: Celebrate the wonders above our heads after dark through stories, songs and activities. **June 12**: We'll put your mind at ease about things that go bump in the night. **June 19**: All that slithers should come hither. **June 26**: Nocturnal animals come out at night.
Info: (510) 521-6887

GARIN WANDERINGS

Garin Beverly Ortiz
 9:30am-noon, Mon, May 31
 On this easy hike through grasslands and a wooded canyon, we'll look at plant life, from little-known and mysterious liverworts and lichens to its grand and inspiring oaks.
Reg. Required: (510) 795-9385

MISSION PEAK MEANDERINGS

Mission Peak Beverly Ortiz
 1:30-4:30pm, Mon, May 31
 On this 3-1/2 mile exploration of the lower slopes of the peak, we'll enjoy magnificent views while we explore the mountain's fascinating plants and animals.
Reg. Required: (510) 795-9385

TUESDAY TWILIGHTS

Various parks Kelley Taylor/Oudeboon-Herron/Colbert
 Evenings, Tuesdays, Jun 1, 8, 15, 22, 29
 Tuesday evening naturalist programs in different parks. Hikes vary in difficulty and distance. **June 1**, Redwood: Redwoods date back to the age of dinosaurs. Join us as we launch our evening hikes with an evening stroll in these woods, which will explain why you can never say "trees" without smiling. Follow the signs to the Chabot Space and Science Center. Park in Metropolitan Horsemen's Association parking lot on Skyline Blvd. in Oakland. **June 8**, Mission Peak, 7-9:30 p.m.: Join us on a leisurely hike following the Agua Caliente Creek to Heaven's Trail. We will cover 3 miles with a 1,000-foot elevation gain. Bring water and camera for a spectacular view! **June 15**, Sunol, 6-8:45 p.m.: As the sun begins its nightly descent, we'll hike up Canyon View Trail then into the shadows of Little Yosemite gorge along this 3-mile hike. Be on the lookout for nature's critters as they transition from day to night. Bring a flashlight and be prepared for hills (7+hrs). **June 22**, Quarry Lakes, 7-9 p.m.: Meet at the Isherwood staging area for a stroll alongside Alameda Creek's bed and the peaceful waters in this young park. **June 29**, Sunol, 7-9:15 p.m.: We'll hike 3/4-mile to Sunol's very own giant cactus patch and howl at the waxing gibbous moon. Wear good hiking shoes and bring water and a flashlight. For complete listing send a legal-sized SASE to Tuesday Twilights, Sunol-Cholone Regional Wilderness, P.O. Box 82, Sunol, CA 94586.
Info: (925) 862-2601

THURSDAY BIRDING

Various parks Mike Moran
 9-11am, Thu, Jun 10, 24
 Witness the avian riches of two marvelous parks! **June 10**, Round Valley: songbirds to eagles. **June 24**, Big Break: shorebirds to seagulls.
Reg. Required: (925) 757-2620

WHERE HAS ALL THE WATER GONE?

Redwood Gail Broeders
 2:30-4:30pm, Sat, Jun 12
 Meet at Canyon Meadow staging area. We'll walk up the creek and down to see what changes summer has brought to this riparian habitat. Bring a full water bottle.
Info: (510) 521-6887

MORNING IN THE GREAT DALE

Round Valley Mike Moran
 9am-1pm, Sun, Jun 13
 Come investigate the changes summer will bring to grassland, woodland, and creek on a hearty, hilly four-mile stroll on Hardy Canyon Trail. Bring a snack and water. (8+hrs)
Reg. Required: (925) 757-2620

DYNAMITE HISTORY WALK

Point Pinole Dave Zuckerman
 10am-1pm, Sat, Jun 19
 Discover the park preserved by dynamite! On this easy-paced walk, we'll be joined by Norman Monk, former Atlas Powder Company employee and Giant community member.
Info: (510) 525-2233.

CLAWS, PAWS & CAMOUFLAGE

Quarry Lakes Kristina Parkinson
 1-3pm, Sat, Jun 19
 Uncover the fascinating world of animal adaptations. We'll enjoy explorations of a variety of skulls and pelts as well as games and activities that highlight the special qualities of individual animals. You might even get to shake hands with a snake. (6+hrs)
Reg. Required: (510) 795-9385

CAMPGROUND TO LAKE

Anthony Chabot Amphitheatre Gail Broeders
 2:30-4:30pm, Sat, Jun 19
 Meet at the amphitheatre for a wonderful walk. We will talk about the history of the lake, plants and animals along the way.
Info: (510) 521-6887

INSECT SEARCH

Lake Chabot Marina Naturalist Nancy
 10am-noon, Sun, Jun 20
 Grab your Dad and join the fun! With insect nets, pooters we make, dip nets, and magnifiers, we will catch, identify, and release these incredible six-legged creatures in adult and larval forms. (7+hrs)
Reg. Required: (510) 521-6887
Fee: \$2

DAD'S DAY DAWDLE

Diablo Foothills Mike Moran
 10am-1pm, Sun, Jun 20 #6473
 Take Dad over a couple of hills and alongside Pine Creek to look for falcon's nests, amazing geology and thick, shady forests.
Reg. Required: (925) 757-2620

DRAGONFLIES AND DAMSELFLIES

Lake Chabot Marina Naturalist Nancy
 10:30am-noon, Sun, Jun 27
 View these fast-flying predators whose mating posture may be the origin of the heart shaped symbol we use for love. We'll investigate their amazing body structures and the habitats the Odonata family occupies. (6+hrs)
Info: (510) 521-6887

VOLUNTEER

PUBLIC SAFETY

VOLUNTEER OPPORTUNITIES
 On-going volunteer programs assists District staff in the delivery of essential services, which include: educating trail users about trail safety; assisting the helicopter with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs.
FLIGHT MEDICS - Officer White Info: (510) 785-3370
BICYCLE PATROL, **HIKING PATROL**, **COMPANION DOG PATROL** and **MOUNTED PATROL** - Patrick Balzano Info: (510) 544-3133

PARK/TRAIL GUIDES

Various parks and times Rick Spittler
 Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.). Info: (510) 849-4663.

WILDLIFE VOLUNTEERS—BREEDING BIRD BIOLOGISTS

Various parks Dave "Doc Quack" Rinsche
 6-8:30am, Sun, Apr 4, 18, May 2, 16, June 6
 Breeding Bird Biologists-Here is your opportunity to get "nose to beak" with the birds, while "conducting" real fieldwork to help manage our feathered friends.
Reg. Required: (510) 544-2320

WILDLIFE VOLUNTEERS—LIZARD LEGIONNAIRE

Various parks Dave "Doc Quack" Rinsche
 9:30am-noon, Sun, May 2, 9, 16, 23, Jun 6, 9:30am-1:30pm, Sun, Jun 13
 As a Lizard Legionnaire, you'll discover the beauty, mystery, and magic of reptiles while participating in field research to conserve and manage grassland wildlife. This includes

setting up research plots, traps, monitoring vegetation survey and data entry.
Reg. Required: (510) 544-2320

SPECIAL KIDS FISHING DERBY—NEED BUDDIES

Temescal Staff
 8am-1pm, Thu, May 27
 Spend the day with us and put a smile on the face of a special child. Help kids have fun with fishing and nature activities, face painting or boat rides. About 150 kids attending special education classes from elementary schools in the surrounding areas will be at each of these locations. Volunteers will be paired as "buddies" to the children to assist with fishing and other activities. In addition to feeling good about what you are doing, you won't go away hungry - a complimentary pancake breakfast and hot dog lunch will be provided. Spend the day with us and make a difference in a kid's life.
Reg. Required: (510) 544-2205

NATIONAL TRAILS DAY

Garin Terry Noonan
 8:30am-1:30pm, Sat, Jun 5
 Volunteers will help with trail rehabilitation; including pruning, erosion repair and crib wall work at Garin Regional Park. This effort is an REI Service Project co-sponsored with the Park District and the East Bay Area Trail Council. Call after May 7th to register. (10+hrs)
Reg. Required: (510) 527-4140 x259

EDUCATORS ACADEMY

PROJECT WET!

Tilden Nature Area Margaret Kelly
 9:30am-4:30pm, Sat, Jun 12 #5388
Project WET! (Water Education for Teachers) is the newest teacher project from the State Water Education Foundation. This fun workshop will provide hands-on activities to explore across the curriculum. It serves as an introduction to water and its uses—from aquatic ecosystems, conservation, and pollution prevention, to wastewater treatment and the Activity and Curriculum Guide that includes them all! Scholarships available. (adults)
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

CRUISING THE COSMOS

Sunol Katie Colbert
 2:30-10pm, Sat, Jun 19 #5389
 Just what does it mean to be "The Third Rock From the Sun"? Illuminate the magic and mystery of the night sky for your students and introduce them to the lifelong joys of naked-eye astronomy. Discover the seasons of the moon and stars, the stories hiding in the constellations, the structure of our heavenly neighborhood and more. Scholarships available. (adults)
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

INSECTS AND CRAWLING CREATURES

Tilden Nature Area Alan Kaplan
 9am-3:30pm, Tue-Thu, Sun 22-24 #3387
 Readily available in the field and easy to keep in the classroom, insects are everywhere! Discover the world of insects and their relatives: collect, observe and release insects in two Regional Parks. You'll get 101 new ideas for K-5th grade classes and outdoor activities. You'll love insects when this class is over, guaranteed. Scholarships available. (adults)
Reg. Required: (510) 636-1684
Fee: \$100 (non-res. \$110)

MEMBERSHIP PROGRAM

Enjoy free parking, free swimming at seven lakes, special members' events, a free guide to the Regional Parks, members-only newsletter, and additional benefits listed below! Call (510) 544-2203, for information.

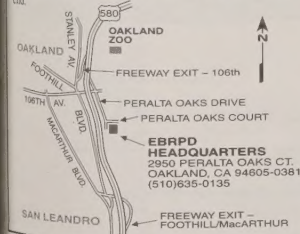
\$60 Family Membership—Dog pass, free entry to swim areas for up to six, 50 percent off on off-season (October through April) camping.
\$25 Senior/Disabled/Student
\$30 Single Member
\$30 Senior Day Use/Boat Launch
\$100 Senior Fishing

\$100 Tilden Circle—Family Member benefits plus an invitation to a special members' only event.
\$250 Reinhardt Circle—Tilden Circle benefits plus invitations to special programs.

\$1,000 Sibley Circle—Reinhardt Circle benefits plus "behind the scenes" with a naturalist.

To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



SPECIAL RECREATIONAL FACILITIES AND PROGRAMS

FACILITIES AND PROGRAMS	PARK	OPERATOR	PHONE
Archery - Field and Target	Briones	Briones Archers	(510) 724-3814
Archery - Field and Target	Redwood	Redwood Bowmen Assoc.	(510) 530-0400
Bike Rentals	Del Valle	Windsurf Del Valle	(925) 455-4008
Boat Rentals	Del Valle	Urban Park Concessionaires	(925) 449-5201
Boat Rentals	Shadow Cliffs	Park Vending and Concession	(925) 846-9263
Boat Rentals	Lake Chabot	Lake Chabot Park Company	(510) 582-2198
Camping (groups)	Various Parks	East Bay Regional Park District	(510) 562-2267
Camping (families)	D. Valle, A. Chabot, Sunol (EBRPD)		(510) 562-2267
Dog Washing	P. Isabel	Mudpuppy's Tab & Scrub	(510) 559-8899
Golf, Driving Range, Food, Banquet	Lake Chabot	Willow Park Inc.	(510) 537-8989
Golf, Driving Range, Food, Banquet	Tilden	American Golf	(510) 848-7373
Hang Gliding - Experienced Flyers	Mission Peak	Wings of Rogallo	(408) 476-2227
Blacksmith	Ardenwood	Scott Thomas	(510) 790-9060
Horse Arena	Martinez Shoreline	Martinez Horseman Association	(925) 228-7981
Horse Arena	Redwood	Judith Castro	(510) 336-0850
Horse Boarding Barn, Lessons	Anthony Chabot	Chabot Stables, Sara Cray	(510) 569-4428
Horse Boarding Barn, Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Boarding Barn, Lessons	Redwood	Piedmont Stables	(510) 531-9944
Horse Boarding Barn, Lessons	Anthony Chabot	Skyline Ranch Equest. Center	(510) 336-0850
Horse Day Camp	Las Trampas	Las Trampas Stables	(925) 838-7546
Horse Day Camp	Castle Rock	Adventure Day Camp	(925) 937-6500
Horse Rentals, Trail Rides and Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Rentals, Trail Rides	Sunol	Sunol Pack Station	(510) 569-0213
Marksmanship - Target & Skeet	Anthony Chabot	Chabot Gun Club	(925) 228-5638
Meeting and Club Activities	Martinez Shoreline	Martinez Sportsman Club	(925) 228-8222
Meeting and Club Activities	Tilden Brazil Room	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Kennedy Grove	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Temescal	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	MLK Jr. Shoreline	Regional Parks	(510) 540-0220
Merry-Go-Round, Children's Parties	Tilden	Terri Holliman	(510) 524-6773
Model Boat Facility	Ala. Creek Quar.	Model Mariners	www.nambsa.com
Model Railroad - 5 Scales and Museum	Miller Creek	Golden State Model RR Museum	(510) 234-4884
Native Plants	Tilden	NativeHere Nursery	(510) 549-0211
Native Plants	Carquinez	CREEC	(510) 787-9772
Picnics (groups)	All Parks	East Bay Regional Park District	(925) 562-2267
Picnics, Parties and Events (groups)	Castle Rock	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Little Hills	Picnic People	(925) 462-1400
Picnics, Weddings, Food (groups)	Ardenwood	Picnic People	(925) 462-1400
Pony Rides, Kid's Parties, Day Camps	Tilden	Caney Thompson	(510) 527-0221
Railroad - Rides, and Museum	Ardenwood	Society to Preserve Carter Bros	(510) 796-9560
Trains - Model Steam Engines	Tilden	Golden Gate Live Steamers	(510) 486-0623
Trains - Steam Train Rides	Tilden	Redwood Valley Railroad	(510) 548-6100
Waterslide, Food, Group Picnics	Shadow Cliffs	Shadow Cliffs Association	(925) 829-5600
Windsurfing - Rentals and Lessons	Del Valle	Windsurf Del Valle	(925) 455-4008
Windsurfing - Rentals and Lessons	Crown Beach	Boardsports	(415) 258-9283

VISITOR CENTERS

ARDENWOOD
 34600 Ardenwood Blvd.
 Fremont, CA 94555-3645
 (510) 796-0663

BLACK DIAMOND MINES
 5175 Somersville Road
 Antioch, CA 94509
 (925) 757-2620

BOTANIC GARDEN
 Tilden Regional Park
 Berkeley, CA 94708
 (510) 841-8732

COYOTE HILLS
 8000 Patterson Ranch Rd.
 Fremont, CA 94555-3502
 (510) 795-9385

CRAB COVE VISITOR CENTER
 1252 McKay Avenue
 Alameda, CA 94501-7805
 (510) 521-6887

DEL VALLE
 7000 Del Valle Road
 Livermore, CA 94550
 (925) 862-2601

GARIN
 1320 Garin Avenue
 Hayward, CA 94544-6822
 (510) 795-9385

SUNOL-OHLONE
 P.O. Box 82 (on Geary Road)
 Sunol, CA 94586
 (925) 862-2601

TILDEN NATURE AREA
 Environmental Education Center (EEC) at Tilden Regional Park
 Berkeley, CA 94708
 (510) 525-2233

SWIM FACILITIES

LAKE ANZA
 Tilden Regional Park
 Berkeley, CA 94708
 (510) 843-2137

CONTRA LOMA
 1200 Frederickson Lane
 Antioch, CA 94509
 (925) 757-0404

CULL CANYON
 18627 Cull Canyon Road
 Castro Valley, CA 94552
 (510) 537-2240

DEL VALLE
 7000 Del Valle Road
 Livermore, CA 94550
 (925) 373-0332

DON CASTRO
 22400 Woodrope Ave.
 Hayward, CA 94541
 (510) 538-1148

QUARRY LAKES
 2250 Isherwood Way
 Fremont, CA 94535
 (510) 795-4883

ROBERTS POOL
 10570 Skyline Blvd.
 Oakland, CA 94619
 (510) 482-6028

SHADOW CLIFFS
 2500 Stanley Blvd.
 Pleasanton, CA 94566
 (925) 846-3000

LAKE TEMESCAL
 6502 Broadway Terrace
 Oakland, CA 94610
 (510) 652-1155

REGISTRATION INFORMATION

NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org.

MAIL-IN: Complete the registration form on the back cover of this directory and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map above.

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information.

BY PHONE: Phone registration requires a credit card. Call the Reservations Office between 8 a.m. and 5 p.m. Mondays through Thursdays, or 8 a.m.-5 p.m. on Fridays. The Reservations Office is closed on weekends and holidays. Please call the phone number for your area:

Oakland (510) 636-1684 Hayward (510) 538-6470
 Contra Costa Co. (925) 676-0192 Outside East Bay (510) 636-1684
 Livermore (925) 373-0144 TDD (510) 633-0460

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds available** for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional \$15 Returned Check charge.

CREDIT CARDS: VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY:

REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation at least seven days prior to the class or program. Failure to notify the Reservations Office at least seven days in advance of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

Special Cancellation Policy: For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available less than 14 days prior to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.



East Bay Regional Park District
Attention: Reservations
2950 Peralta Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381

May-June 2004 Mail-in Registration

Make checks payable to: EBRPD

☐ MasterCard ☐ VISA

Name (parent or guardian if under 18)

Address

City

Zip

()

()

Day phone

Night phone

email address

Amount \$

Expiration date

Authorized signature

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			
Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)					\$1
Subscribe to this publication (Regional in Nature) (Optional)					\$5
Submit additional registrations on an attached sheet					Total \$

Signature required _____ Date _____

Parent or guardian if under 18

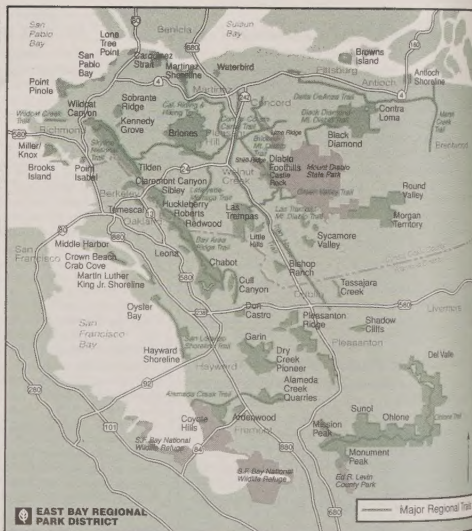


☐ Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other

Office Use

Amount paid _____ Check no./cash _____ Register no. _____ Staff initials _____



Register Now

Trails Challenge and May Marathon!

****Family Discounts Available****

Celebrate 70 years of Regional Parks by signing up for the 11th Annual Trails Challenge or May Marathon.

- **Trails Challenge** is an extremely popular, self-guided hiking program. Over one thousand people participated last year. A \$12 registration fee gets you the new 2004 Guidebook filled with 20 of the best hikes in the East Bay Regional Park District. Hike five of the 20 trails by December and receive a 2004 commemorative pin, the Trails Challenge T-shirt, and a special gift!
- **May Marathon** is for our "super" athletes who complete 26 miles during the month of May. The cost for the May Marathon is \$17, which also enters you in the Trails Challenge. With your May Marathon registration, you will receive everything mentioned above **plus a long-sleeved May Marathon T-shirt!** These programs are a great way to see new parks, get outside, and be active.
- **New this year: Trails Challenge Family Discount!** The first family member is at regular price and each additional family member is \$1 off!

Disabled accessible.
Registration is required,
call (510) 636-1684 or
register online at www.ebparks.org.



Please note: the
Family Discount is
not available through
on-line registration.

East Bay Regional
Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381

FREE FAMILY FUN NIGHTS!

Free Family Fun Nights will begin in June! Join us for free arts & crafts, a naturalist program, ice-cold lemonade, and FUN! Call (510) 544-2553 for a flyer, or visit www.ebparks.org.